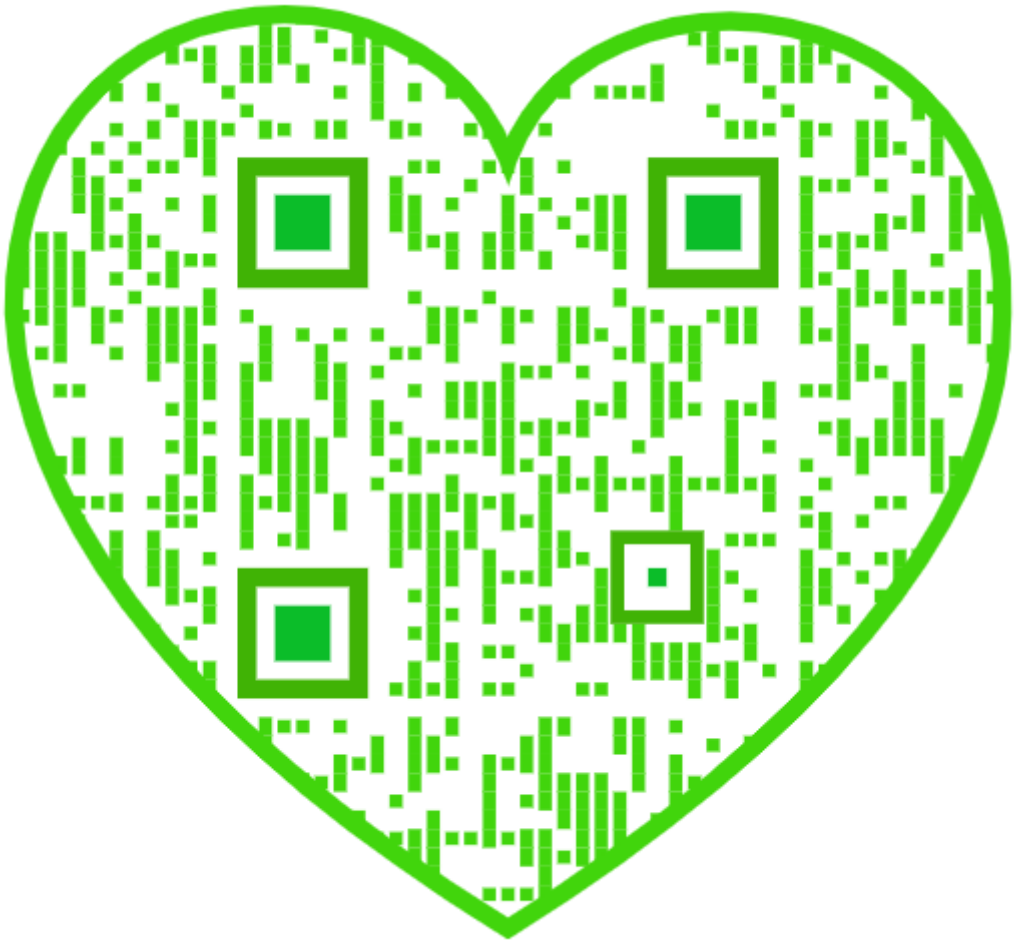
0. 7
1. Aloo Palak 7
2. Gobi Manchurian 7
3. Sindhi Saibhaji 8
4. Shahi Paneer 9
5. Potato in Curd Gravy 10
6. Navratan Korma 11
7. Malai Kofta 12
8. Samosa 13
9. Masala Vada 14
10. Hot Kachori 15
11. Spicy Sev 16
12. Pear and Mango Chutney 17
13. Green All-Purpose Chutney 17
14. Sarson ka saag 18
15. Sweet Pongal 19
16. Ulundu vada 19
17. Adai 19
18. Dhaal vada 20
19. Shrikhand 20
20. Puranpoli 21
21. Patisa (Soan Papdi) 22
22. Coconut Burfi 22
23. Imarti 23
24. Kaju Barfi 24
25. Khajur Burfi or Rolls 24
26. Kalakand (Milk Burfi) 24
27. Badam ka seera 25
28. Carrot Halwa 25
29. Doodhi Halwa 26
30. Chickoo Halwa 26
31. Dal ka seera 26
32. Atte ka seera 27
33. Beetroot Halwa 27
34. Rava (Semolina) Ladoo 28
35. Rossogolla 28
36. Pedhas 29
37. Mava Burfi 29
38. Malai Ladoo 30
39. Gulab Jamoon 30
40. Sweet Kachori 31
41. Spicy Khaja 32
42. Shankarpala 33
43. Mitha Khaja 33
44. Karanjia 34
45. Boondi 35
46. Sada (Plain) Dosa 35
47. Rava Dosa 36
48. Mixed Dal Dosas 36
49. Masala Dosa 37
50. Chutney spread: 38
51. Channa Bhatura 38
52. Pav Bhaji 40
53. Vegetable Pie 40
54. Poha 41
55. Bhel 42
56. Tandoori Roti (without Tandoor) 43
57. Naan 43
58. Spicy Roti 43



59. Baked Bread Rolls 44
60. Simple Potato Cake 44
61. Mix Veg Curry 45
62. Palak Paneer 46
63. Mysore Pak (South Indian Dish) 46
64. Cabbage Kofta Curry 47
65. Pineapple Gojju 47
66. Tur Dal Kofta 48
67. Tikha Baigan Masala 49
68. Vaangi Baath (Brinjal Rice) 49
69. Bread Besan Bajji 50
70. Vegetable Cutlet 50
71. Kesar Pista Kulfi 51
72. Apple, Banana & Carrot Halwa (ABC Halwa) 51
73. Avial (Mixed Vegetables With Sauce) 53
74. Milagu Kuzhambu 54
75. Paruppu Thogaiyal 54
76. Erissery (Maya Nair) 54
77. Vella Appam (PK John) 55
78. Poricha Koottu 55
79. Aviyal 55
80. Tamarind pickle (Pulikkachal) 55
81. 7-cup sweet 56
82. VenPongal 56
83. Lime pickle 56
84. Ginger Pickle 56
85. Coriander-tomato chutney 56
86. Paruppu podi 57
87. Curd Vadai 57
88. Vegetable Cutlet 57
89. Rasam Powder 57
90. Sambar powder 58
91. Bonda with mashed potato 58
92. Dahi Vada (Savory Balls In Yogurt) 58
93. VEGETABLE Kurma 59
94. More Kozhambhu 59
95. Lemon Pickle 60
96. Ras Malai 60
97. Pulikacchal 61
98. Gotsu 61
99. Katirikka Rasavangi 62
100. Pitlai 62
101. Erucheri 63
102. Venn pongal 63
103. Badusha 64
104. Dum Alu 64
105. Haaq 64
106. Simla mirch sabzi 65
107. Tomato Chutney 65
108. Mint Chutney 65
109. Coconut Chutney 66
110. Coriander Chutney 66
111. Moolangi Chutney 66
112. Pinapple Gojju 67
113. 68
114. Bittergourd Gojju 68
115. Bhindi Gojju 68
116. Sweet Mango Chutney 69
117. Hot Mango Chutney 69

118. Puli Inji 70
119. Mango Pachadi 71
120. Gobi Manchurian 71
121. Vegetable Pulao 72
122. Peas Pulao 73
123. Vaangi Baath 73
124. Bisi Bela Huli Anna Powder 74
125. Bisi Bela Huli Anna 74
126. Puliyogare Mix 75
127. Puliyogare 76
128. Cabbage Upkari 76
129. Aloo Dum 77
130. Avial 77
131. Bharva Bhindi 78
132. Bharwa Bhaingan 78
133. Bhaingan Bhartha 79
134. Malai Kofta 80
135. Home-made Paneer 81
136. Rasmalai 81
137. Coconut Laddoo 82
138. Kaju Bharfi 82
139. Sweet Pongal 82
140. Rava Laddoo 83
141. Kalakand 83
142. Mango Shrikand 84
143. Hot and Sour Tomato Pickle 84
144. Rasam Powder 85
145. Garam Masala Powder 85
146. Tandoori Masala Powder 85
147. Pepper Rasam 86
148. Morkhozumbu 86
149. Pitla 87
150. Majjige Huli 87
151. Dhal Makhani 88
152. Dhokla 89
153. Medu Vada 89
154. Tomato Soup 90
155. Pudina Paratha 90
156. Lemon and Chilli pickle 91
157. Mango pickle 91
158. 92
159. Rasmalai 92
160. Jalebi 93
161. Basoondi 93
162. Sweet pongal 94
163. Dal payasam 94
164. Kozhukkattai 94
165. Poli 94
166. Somaasi 94
167. Baadhusha 95
168. Ribbon Murukku 95
169. Omappodi 95
170. Seedai 95
171. Thattai 95
172. Thenkuzhal 96
173. Motichoor Ladoo 96
174. Kozhakattai 97
175. Brinjal Curry 97
176. Green Pulao 98

177. Baigan fry Recipe....98
178. Kozukkattai (Stuffed Rice Balls)....99
179. Onion Rice....99
180. Aratikaaya Masala Pulusu (Spiced Raw Banana Curry)....100
181. Pulihora (Tamarind Rice)....101
182. Masala Vada....102
183. Ravva Dosa....103
184. Bhakar Wadi....103
185. Aloo Gobhi Methi Ka Tuk....104
186. Khatti Arvi Ka Saalan....104
187. Dum Ka Karela....105
188. Dum Gobhi....106
189. Garam Masala....107
190. Kalagoora Pulusu (Mixed Vegetables with Fenugreek Seeds)....107
191. Sarkarai Pongal....108
192. Malai Kofta....108
193. Vegetable Jhalfrazie....109
194. Navaratna Curry....109
195. Vegetable Kofta....110
196. Rasmalai....111
197. Sweet Shakarpara (Diamonds)....111
198. Besan Ladoo....111
199. Cashewnut Barfi....112
200. Dryfruit Halwa....112
201. Dal Payasam....113
202. Red Beet Paratha....113
203. Green Onion Bhurji....113
204. Mysore Bonda....114
205. Dahi Wada....115
206. Rasmalai....116
207. Instant Dhokla....116
208. Matar Palak....117
209. Aloo Mutter....118
210. Venn Pongal....118
211. Tamilian Kurma....119
212. Vegetable Korma....119
213. Mixed Vegetable Kofta in Tomato Curry....120
214. Chakali....121
215. Moong Soup With Paneer....121
216. Healthy Tomato soup....122
217. Corn Soup with Vegetables....122
218. Green Peas Skin Soup....123
219. Hara Nariel Ka Shorba....123
220. Lentil and Vegetable Broth....123
221. Letil Soup....124
222. Tum Yum Soup....124
223. Sweet Corn Soup....125
224. RAJMA CURRY....125
225. MALAI KOFTA CURRY....126
226. Cheesy Sweet Jamuns....127
227. Kofta Lajawab....128
228. Beetroot Parathas....128
229. Badshahi Baigan....129
230. Red Tomato Gravy....129
231. Green Gravy....130
232. White Gravy....131
233. Brown Gravy....131
234. Besan Burfi....132
235. Raabdi....132

236. Ras Malai 133
237. Rasagulla 133
238. Dum Arvi 134
239. Dum Aloo 134
240. Matar Paneer 134
241. Bhindi Masala 135
242. Vegetable Jalfrasie 135
243. Rasam Masala 136
244. Mangalore Rasam Powder 137
245. Mangalore Rasam 138
246. Sambar 140
247. Cauliflower Curry 141
248. Sambar Masala 141
249. Vada 142
250. Didir Onion Rava Dosa 142
251. Didir Dosa 143
252. Dosai 143
253. Basic Curry Sauce 143
254. Biryani 144
255. Double Ka Meetha (Bread Pudding) 145
256. Indian Cream of Tomato Soup 145
257. Kadhi 146
258. Bengan ka bhurta 146
259. Halwa 146
260. Toll House Pan Cookie 146
261. Rasavangi 147
262. Stuffed Brinjal Curry 147
263. Maida Bonda 147
264. Rava Bonda 147
265. Palak Paneer 147
266. Coconut Milk Pulav 147
267. Tomato pickle 148
268. Lime pickle 148
269. Ginger Pickle 148
270. Tamarind pickle (Pulikkachal) 148
271. Maavadu (Tender mango pickle) 148
272. Aavakkai (Mango pickle) 148
273. Gonkura Thokku 148
274. Curd Vadai 148
275. Cabbage Vadai 149
276. Urud Vadai (Medhu vadai) 149
277. Dal Vadai (Aama vadai) 149
278. Mangalore bonda 149
279. Rawa Kichadi 149
280. Rice Uppuma 149
281. Aval uppuma 149
282. VenPongal 149
283. Sevai (Idiyappam) 150
284. Morkkali 150
285. Masala Dosai 150
286. Uthappam 150
287. Maida dosai 150
288. Rava dosai 151
289. Laddu 151
290. Rava laddu (Ravaalaadu) 151
291. Sakkarai Pongal 151
292. Jilebi 151
293. Kozhukkattai 151
294. Poli 152

295. Somaasi 152
296. Panchamritham (fruit salad) 152
297. Milk Appam 152
298. Sweet Puttu 152
299. Paanagam 152
300. Sweet Adai 152
301. Chole 152
302. Palak Paneer 153
303. Oatmeal Raisin Cookie 153
304. Kunuku 154
305. Cashew Kunuku 154
306. Vermicilli Masala Vadai 154
307. Medhu Vadai 154
308. Madhur Vadai 155
309. Spinach Vadai 155
310. Kara Vadai 155
311. Potato Bhonda 155
312. Bhonda 155
313. Thukada 155
314. Idli 156
315. Kanjeepuram Idli 156
316. Aval Dosai 156
317. Vella (Jaggery) Dosai 156
318. Rava Dosai 156
319. Ordinary Adai 156
320. Thaval Adai 157
321. Peseret 157
322. Tamarind Uppma 157
323. Moor Kali 157
324. Eggplant Gotsu 157
325. Eggplant Podi Curry 157
326. Plantain Puli Curry 158
327. Plantain Curry 158
328. Vazai Thandu Curry 158
329. Potato Podimas 158
330. Venn Pongal 158
331. Badam Kheer 159
332. Paal Poori (Sweet Poori) 159

0.

1. Aloo Palak

Ingredients

3 cups chopped spinach
2 large onoins chopped fine
2 large potatoes boiled and peeled
1 tomato grated
2 green chillies
1" piece ginger
1 tsp. lemon juice
1/2 tsp. wheat or other flour
1 tsp. red chilli powder
1 tsp. cinnamon-clove powder
1/4 tsp. turmeric powder
1/2 tsp cumin seeds
2 pinches asafoetida
1/2 tsp. garam masala
1/2 tbsp. butter
4 tbsp. ghee
salt to taste

METHOD:

Put the washed spinach in a pan, add very little water (just a sprinkle) and a pinch of salt.
Cover and boil over a high flame for 2 minutes. Cool quickly, or hold under running water in a colander.
Put in a mixie, add green chilli and run for a minute. Keep slightly coarse, do not make very smooth.
Keep aside.

Cut the potatoes into big pieces. Heat ghee and fry potatoes till light brown.
Drain the potatoes, keep aside.
In the same hot ghee add the cumin seeds.
Add the ginger, onions and fry till very tender.
Add the tomato and further fry for two minutes.
Add all the dry masalas and fry till ghee separates.
Add spinach and potatoes.
When it resumes a boil sprinkle the flour and stir well. Boil for 2-3 minutes. Add lemon juice
Just before serving heat butter in a tiny saucepan and add the asafoetida.
Pour over the vegetable and mix gently.
Serve hot with naan or parathas or even rice.

Note: You may use boiled peas, boiled corn kernels or paneer chunks in the above dish, instead of atoes.

Making time: 45 minutes
Makes for: 6
Shelf life: Best fresh

2. Gobi Manchurian

INGREDIENTS:

1 medium. cauliflower clean and broken into big florettes.
1 small bunch spring onoin finely chopped
2 tsp. ginger finely chopped
1 tsp. garlic finely chopped
1/4 cup plain flour
3 tbsp. cornflour
1/4 tsp. red chilli powder
2 red chillies, dry
3 tbsp. oil
1 1/2 cups water
1 tbsp. milk

METHOD:

Boil the florettes for 3-4 minutes in plenty of water, to which a tbsp. of milk has been added.
Drain and pat dry on a clean cloth.
Make thin batter out of flour and 2 tbsp.cornflour, adding 1/4 tsp. each of ginger and garlic and red chilli powder and salt to taste.
Dip the florettes in the batter one by one and deep fry in hot oil. Keep aside.

In the remaining oil, add remaining ginger, garlic and crushed red chilli and fry for a minute.
Add the salt and spring onions.
Stir fry for a minute. Add 1 1/2 cups water and bring to a boil.
Add 1 tbsp. cornflour to 1/4 cup water and dissolve well.
Gradually add to the gravy and stir continuously till it resumes boiling.
Boil till the gravy becomes transparent. Add florettes and soya sauce.
Boil for two more minutes and remove.
Serve hot with noodles or rice.

Variations:

Dry manchurian can be made by omitting the gravy.
Make florettes as above and instead of adding water as above, add fried florettes, spring onions and soya ce at this stage.
Sprinkle 1 tsp. cornflour on the florettes and stirfry for 2 minutes.
Serve piping hot with toothpicks or miniforks and chilligarlic sauce or tomato sauce.
Same procedure for veg. manchurian (with gravy or dry), but instead of using only cauliflower, use finely chopped minced vegetables and
bind with some cornflour or bread crumbs and make small lumps the size of a pingpong ball.
Fry as above and proceed as above.

Making time: 45 minutes
Makes for: 6
Shelf life: Best fresh

3. Sindhi Saibhaji

Ingredients:

1 each - carrot, capsicum, onion, small cabbage,potato, brinjal, tomato, ladyfinger (okra)
100 gms. french beans

1/2 bunch each spinach, coriander, khatta (3 leaved) greens.
1/2 bunch any other leafy greens.
1 cup green gram dal
1/2 cup horsegram dal (channa dal)
4-5 green chillies
2-3 clovettes garlic
1 tsp. red chilli powder
1 tsp. dhania (coriander seed) powder
1 tsp. salt
1/2 tsp. turmeric
3 tbsp. oil
1/2 tbsp. ghee
2 pinches asafoetida

METHOD:

Clean and wash dals.
Clean, wash and chop spinach and vegetables except tomato.
Heat oil in a pressure cooker, add all the vegetables, spinach and dals.
Mix well, add enough water to cover the contents.

Add all masalas and mix.
Place whole tomato on top, cover and pressurecook for 3 whistles.
Cool the cooker, open and handblend the contents.
Heat 1/2 tbsp. ghee add a pinch of asafoetida add to the mashed vegetable.
Serve hot with paratha or steamed rice

Making time: 30 minutes (excluding cooling time)
Makes for: 6
Shelf life: Best fresh

4. Shahi Paneer

Ingredients:

250 gms. paneer (cottge cheese)
3 tbsp. ghee or butter
1 onion chopped into strips
1/2" piece ginger chopped fine
2 green chillies chopped fine
4 tomatoes chopped fine
2 cardamoms crushed

1/4 cup beaten curd
1/2 tsp. red chilli powder
1/2 tsp. garam masala
salt to taste
1/2 cup milk
2 tbsp. tomato sauce

To garnish:
2 tbsp. grated paneer
1 tbsp. chopped coriander

Method:

Chop the paneer into 2" fingers.
Heat half the ghee. Add onion,ginger, green chilli and cardamom. Fry for 3-4 minutes.
Add tomatoes and cook for 7-8 minutes, covered.
Add curd and cook for 5 minutes.
Add 1/2 cup water and cool.
Blend in a mixie till smooth.

Heat remaining ghee, add gravy and other ingredients except milk and paneer.
Boil to get a very thick gravy.
Just before serving, heat gravy, add milk and paneer fingers and boil for 3-4 minutes.
Garnish with chopped coriander and grated paneer.

Making time: 45 minutes.
Makes for: 6
Shelf life: best fresh.

5. Potato in Curd Gravy

Ingredients:

3 medium. potatoes boiled and peeled
1 cup curd or yogurt beaten
1 tsp. red chilli powder
1 tsp. salt
1/2 tsp. dhania powder
1/4 tsp. turmeric powder
1/4 tsp. garam masala
2 pinches asafoetida
1 stalk curry leaves

1 tbsp. coriander leaves chopped
1 1/4 cup water
1/2 tsp. each ginger, garlic grated
2 green chillies slit
1 tsp. each cumin, mustard seeds
1/4 tsp. wheat flour
1 tbsp. oil

Method:

Cut potatoes into big pieces. Mash 3-4 pieces fine with hand. Keep both aside.
Mix all the dry masala in 1/4 cup water.
Heat oil. Add the seeds (cumin and mustard). When they splutter, add ginger-garlic, chilli and curry leaves.
Add the masala mixture and fry for 2 minutes.
Add beaten curd and fry for 5 minutes or till the curd loses its whiteness. Stir continuously after adding curd.

Add the remaining water and all the potato and flour. Stir well.
Boil and simmer for 10 minutes or till gravy thickens
Garnish with chopped coriander.
Serve hot with thin wheat chappaties and rice.

Making time: 30 minutes.
Makes for: 5
Shelf life: Best fresh

6. Navratan Korma

Ingredients:

2 cups peas boiled
1 large carrot chopped and boiled
1/2 cup tomato sauce
1/4 cup curd
1/4 cup malai(cream)
3 tbsp. butter
1 small sweet lime
1 small apple
1 banana
2 slices pineapple
10-15 cashewnuts
20 raisins
2 glaced cherries for decoration
1 tbsp. coriander chopped
1 tbsp. ghee
salt to taste

Dry Masala:
1 tsp. cuminseeds
2 tsp. khuskhus (poppyseeds)
1 tsp. cardamoms

Wet Masala:
1 large onion
1/4 cup coconut shredded
3 green chillies

Method:

Grind the dry and wet masalas separately.
Chop all the fruit fine. Heat ghee and fry cashews, drain and keep aside.
Add butter to ghee and heat, add the wet masala and fry for 2 minutes.
Add the dry masala and salt and fry 2 more minutes.
Add the carrots and peas, mix together curd and cream and add to gravy.

Allow to thicken a bit, add fruit, cashews and raisins and boil till the gravy is thick and the fat separates.

Garnish with grated cheese ,coriander and chopped cherries.
Serve hot with naan, roti or paratha.

Making time: 45 minutes
Makes for: 6
Shelf life: Best fresh

7. Malai Kofta

Ingredients:

Gravy:
125 gms. cream
75 gms. khoya or paneer
150 ml. milk
50 gms. cashewnuts
3 tsp. white pepper powder.
2 1/2 tsp. sugar
2 tsp. grated ginger
1/4 tsp. nutmeg powder
1/2 tsp. turmeric powder
1 tsp. garlic crushed
1" cinnamon
6 cloves
6 cardamoms
salt to taste
3 tbsp. ghee

Kofta:

50 gms. khoya

50 gms. paneer
5 medium potatoes
20 gms. cashewnuts
20 gms. raisins
4-5 green chillies chopped fine
1/2 tsp. ginger grated
1 tsp. coriander chopped
1/2 tsp. cumin seeds
salt to taste

Garnish:

1 tbsp. grated cheese or paneer
1 tbsp. chopped coriander

Method:

Koftas
Boil the potatoes, peel and smash them.
Mix together all the ingredients except raisins and cashews.
Take a ping-pong ball sized dough in hand.
Flatten. Place 2-3 cashews and raisins in the centre and shape into a ball.
Repeat for remaining dough. Keep aside.

Gravy:
Roast the cinnamon, cardamom, nutmeg and cloves together.
Dry grind and keep aside. Wet grind all the other ingredients, except ghee, to a paste.
Heat ghee in a skillet, add powdered spices and fry for 2-3 seconds.
Add paste and fry further for 5-7 minutes stirring well.
Add 2 cups water and simmer on low for 15 minutes.
Warm the koftas either in the oven or on the tava.
Optional: You can deep fry the koftas also.
To serve place warm koftas in a casserole.
Either pour boiling hot gravy on the koftas or pour and bake in hot oven of 5 minutes.
Garnish with grated cheese and chopped coriander.
Serve hot with naan or parathas.

Making time: 45 minutes.
Makes: 10 koftas with gravy.
Shelf life: Best fresh.

8. Samosa

Ingredients

For cover:
1 cup plain flour (maida)
2 tbsp. warm oil
water to knead dough

For filling:
2 potatoes large boiled, peeled, mashed
1 onion finely chopped

2 green chillies crushed
1/2 tsp. ginger crushed
1/2 tsp. garlic crushed
1 tbsp. coriander finely chopped
1/2 lemon juice extracted
1/2 tsp. turmeric powder
1/2 tsp. garam masala
1/2 tsp. coriander seeds crushed
1 tsp. red chilli powder
salt to taste
oil to deep fry

Method

For dough:
Make well in the flour.
Add oil, salt and little water.Mix well till crumbly.
Add more water little by little, kneading into soft pliable dough.
Cover with moist cloth, keep aside for 15-20 minutes.
Beat dough on worksurface and knead again. Re-cover.

For filling:
Heat 3 tbsp. oil, add ginger, green chilli, garlic, coriander seeds.
Stir fry for a minute, add onion, saute till light brown.
Add coriander, lemon, turmeric, salt, red chilli, garam masala.
Stir fry for 2 minutes, add potatoes. Stir further 2 minutes.
Cool. Keep aside.

To proceed:
Make a thin 5" diam. round with some dough.
Cut into two halves. Run a moist finger along diameter.
Join and press together to make a cone.
Place a tbsp. of filling in the cone and seal third side as above.
Make five to six. Put in hot oil, deep fry on low to medium till light brown.
Do not fry on high, or the samosas will turn out oily and soggy.
Drain on rack or kitchen paper.
Serve hot with green and tamarind chutneys (refer chutneys), or tomato sauce.

Making time: 45 minutes
Makes: 20 pieces (approx.)
Shelflife: Bestfresh

9. Masala Vada

Ingredients

1 cup yellow gram (chana) dak
1/2 cup onion finely chopped
1/2 cup coriander finely chopped
1/2 cup dill leaves finely chopped
3-4 green chillies finely chopped
1/2 tsp. cumin seeds
oil o deep fry

Method

Wash and soak dal for 3-4 hours.

Keep 2 tbsp. dal aside, grind the rest,coarsely.
Mix all other ingredients, including whole dal.
Add 2-3 tbsp. hot oil to the mixture.
Heat oil, make pattie shaped rounds with moist palm.
Let carefully into the hot oil.
Fry first one side then the other till golden brown.
Serve hot with green chutney, tamarind chutney, or ketchup

Making time: 20 minutes (excluding soaking time)
Makes: 15 vadas (approx.)
Shelflife: Best fresh

10. Hot Kachori

Ingredients

For cover:
1 1/2 cup plain flour
3 tbsp. oil
salt to taste
cold water to knead dough

For filling:
1 cup yellow moong dal washed and soaked for 1/2 hour
1 tsp. garam masala
1 tsp. red chilli powder
1/2 tsp. dhania (coriander) powder
1/2 tsp. coriander seeds crushed coarsely
1/2 tsp. fennel (saunf) seeds crushed coarsely
1/2 tsp. cumin seeds
1/2 tsp. mustard seeds
1 tbsp. coriander leaves finely chopped
salt to taste
2-3 pinches asafoetida
1 tbsp. oil
oil to deep fry
1 tbsp. plain flour for patching

Method

For cover:
Mix flour, salt and oil, knead into soft pliable dough.
Keep aside for 30 minutes.

For filling:
Put plenty of water to boil. Add dal.
Boil dal for 5 minutes, drain.
Cool a little. Heat oil in a heavy pan.
Add all seeds whole and crushed allow to splutter.
Add asafoetida, mix. Add all other ingredients.
Mix well. Do not smash the dal fully.
But enough to make the mixture hold well.
Remove from fire, cool.
Divide into 15 portions.

Shape into balls with greased palms.
Keep aside.

To proceed:
Make a paste with water, of flour for patching.
Keep aside.
Take a pingpong ball sized portion of dough.
Knead into round. Roll into 4" diam. round.
Place one ball of filling at centre.
Pick up round and wrap ball into it like a pouch.
Break off excess dough carefully.
Do not allow cover to tear.
Press the ball with palm, making it flattish and round.
Repeat for 4-5 kachories.
Deep fry in hot oil, on low flame only.
If the kachori get a hole anywhere, apply some paste.
Return to oil and finish frying.
Turn and repeat for other side.
Fry till golden and crisp. Small bubbles must appear over kachori.
Drain and serve hot with green and tamarind chutneys.

Making time: 1 hour (excluding soaking and cooling times)
Makes: 10-12 pieces
Shelf life: 2-3 days

Note: Take care to fry on low. Hurried frying will result in soggy and oily kachories.

11. Spicy Sev

Ingredients

2 cups gram flour (besan)
1/2 tsp. ajwain (omam) seeds
1 1/2 tsp. red chilli powder
1 tbsp. oil
salt to taste
2-3 pinches asafoetida
water to make dough
oil to deep fry

Method

1. Mix the chilli, oil, salt and seeds into the flour.
2. Add enough water to make a dough which is quite gooey.
3. It should not be pliable but sticky.
4. Grease the inside of a Sev-press, fill with the dough.
5. Press into hot oil, and fry lightly on both sides.
6. Drain well and cool before storing.

Variation:

You may adjust the chillies as per taste.

You may omit chillies to make bland sev.
You may add finely crushed dried herbs (eg. mint) for add flavour.

Note: A sevpress is similar to a vermicelli press, but it should be small enough to handle over hot oil.

Making time: 15-20 minutes
Makes: 250 grams approx.

12. Pear and Mango Chutney

Ingredients:

250 gms. raw firm mango
250 gms. pears.
500 gms. sugar
2 tsp. salt
1 tsp. red chilli powder
1 tsp. garam masala
1 tbsp. marshmelon (kharbooja) seeds.
1 tbsp. raisins.
2 cloves powdered
8 each almonds and cashews chopped finely.

Method:

Peel and mash and pear.
Put 1 tbsp. sugar in a heavy saucepan.
Heat on a low flame, stirring and cooking till it turns brown.
Add 500 ml. water and boil.
When the sugar has fully dissolved in the water add remaining sugar.
When it begins to boil again add the mashed fruit, cashew, raisins, seeds, chilli and salt.
Boil till a thick jam consistency is obtained. Stir occasionally.
Add the clove powder and garam masala.
Cool a bit and transfer to clean airtight jar.

Making time: 1 hour
Shelf life: 1 month
Makes 1.5 kgs. chutney.

13. Green All-Purpose Chutney

Ingredients:

15 green chillies
1/2 cup coriander
1/2 lemon
1 tbsp. sev or potato wafers crushed

1/2 tsp. jaggery
salt to taste
1 tsp. oil
1 clovette garlic

Method:

Put all the ingredients , except oil and asafoetida , in a small mixie.
Heat the oil and add the asafoetida and put in the mixie.
Run the mixie till a smooth chutney is obtained.
Try using no water or as little as possible to make the chutney keep longer.
Add water as and when required.
Store in a clean glass bottle.

Note: Sev is a fried Indian snack made of gramflour.

Makes 1/2 cup chutney
Making time: 5 minutes
Shelf life: 1 week (refrigerated)

14. Sarson ka saag

Ingredients

1 bunch sarson greens
1 bunch spinach
1 onion grated
1/2 tsp. each ginger & garlic grated
3 green chillies
1 tbsp. grated cheese or paneer (optional)
1/2 lemon juice
salt to taste
2 tbsp. ghee
1 tbsp. oil
1/2 tsp. garam masala
1 tbsp. maize flour

Method

1.Chop both greens, wash, drain.
2.Heat oil in the pressure cooker direct.
3.Add both greens, green chillies, stir.
4.Add ginger, garlic, stir.
5.Add few pinches salt, 1 cup water.
6.Pressure cook till done. (2 whistles).
7.Mash well.
8.Heat ghee in a pan, add onion, saute till brown,
9.Add all other ingredients, except cheese.
10.Stir well and cook till oil separates.
11.Garnish with cheese.
12.Serve hot with makki ki roti, or paratha.

Making time: 25 minutes (excluding pressure cooking time)
Makes: 3-4 servings
Shelflife: Best fresh

15. Sweet Pongal

Ingredients (for two people) :-
Moong dhal - 1/2 cup.
Rice - 1/2 cup.
Milk
Coconut
cashew
jaggery
raisins (khish-mish - dry grapes)
cardamom
ghee.

Fry the moong dhal (before washing) till it becomes little light brown (it will start smelling). Then soak rice and dhal separately for 10 minutes. Thoroghly wash and keep it in cooker with the right water (lesser is o.k)and cook it seperately (in two different containers). Meanwhile cut coconut in very small pieces and fry in ghee. Fry cashew and raisins also separately. Break the jagerry and put in water (very little) and make a syrup. This is done because sometimes jagerry has mud and stones. After we make the syrup strain it through tea strainer. Put the rice and dhal in a big vessel and add milk (may be one cup) and cook it till all the milk gets absorbed. Add jaggery syrup and again cook till even it gets absorbed. Add three big table spoons of ghee, powdered cardamon and cook again for a while. Add fried coconut, cashews and raisins.

Serve hot in two cups with a spoon of ghee.

16. Ulundu vada

urad dhaal
hari mirch
salt

Soak dhaal in water over night. Grind dhaal in little water.
Then make vada shape and deep fry in oil.

17. Adai

Rice - ½ cup
urad dhaal - ¼ cup
chana dhaal - ¼ cup
thoor dhaal - ¼ cup
yellow moong dhaal - ¼ cup
red chillis

salt

Soak everything in water over night. Grind with little water.

18. Dhaal vada

urad dhaal -
chana dhaal -
red chillis -

Following is the thread test (tar) to check required consistency of syrup (chashni). If no thread is formed, but there is stickiness in the syrup when tested, then it is 3/4 tar (thread). This consistency is generally used in dipping sweets like, gulabjamoon, boondi, jalebi, imarti, etc. Boil some more and when 1 tar forms, it is used in soaking pancake pancakes like malpua. On further boiling two tars are obtained and this is used in sweets like burfis, mohanthal, etc. At this stage a drop of syrup dropped on a plate will form a soft ball when cooled. After this stage do no stir briskly and continuously or the sugar will recrystallise. Still further boiling will form 2 1/2 to 3 tars and this syrup is used to get a white coating of sugar on sweets like balushahi, surti ghari, etc. At this stage when the syrup is dropped in a plate it will form a hard ball when cooled. Following are the steps shown to make sugar syrup (chashni) in the right way.

a.Take sugar and water in the ratio of 2 : 1 1/2 unless other wise mentioned.
b.Put both in a deep saucepan to boil, stirring occasionally.
c.When the mixture comes to a boil, add 1/2 cup milk.
d.When a thick scum is formed on the surface of syrup, it is time to strain.
e.Always use a metal strainer or moist cloth to strain the hot syrup, never plas tic.
f.Put back to boil, checking the consistency required as above.
g.Check frequently, because once the first thread forms, it proceeds to thicken to the next stages very quickly.
h.Use as required in the recipe. Make syrup side by side of making the recipe, reheating the syrup too many times will alter the texture of the resulting sweet dish. To save time, prepare the syrup on a second burner, while making the rest of the recipe. This will avoid excess wastage of time and unnecessary cooling off, of the fried flours, etc. as the recipe demands.

19. Shrikhand

Ingredients

1/2 kg. curds
300 gms. sugar
1/2 tsp. cardamom powder
few strands saffron
1/2 tbsp. pista & almond crushed

Method

Tie curd in a clean muslin cloth overnight. (6-7 hours).
Take into a bowl, add sugar and mix.
Keep aside for 25-30 minutes to allow sugar to dissolve.
Rub saffron into 1 tbsp. milk till well broken and dissolved. Keep aside.
Beat well till sugar has fully dissolved into curd.
Pass through a big holed strong strainer, pressing with hand or spatula.
Mix in cardamom powder and dissolved saffron and half nuts.
Empty into a glass serving bowl, top with remaining nut crush.
Chill for 1-2 hours before serving.

Making time: 20 minutes (excluding tieing and keeping time)
Makes: 6-7 servings
Shelflife: 3-4 days refrigerated

Variations: To make fruit flavoured shrikhand eg. mango, add pulp at the stage of adding cardamom and saffron.

20. Puranpoli

Ingredients

300gms. channa (yellowgram) dal
300 gms. jaggery (molasses)
1 tsp. cardamom powder
150 gms. plain flour
1 tbsp. ghee
warm water to knead dough
ghee to serve

Method

Boil dal in plenty of water till soft but not broken.
Drain in a colander for 10-15 minutes.
Pass through an almond grater little by little till all dal is grated.
Mash jaggery till lumps break. Mix well into dal.
Put mixture in a heavy saucepan and cook till a soft lump is formed
Take care to stir continuously, so as not to charr. Keep aside.
Mix ghee, flour, add enough water to make a soft pliable dough.
Take a morsel sized ball of dough, roll into a 4" round.
Place same sized ball of filling in centre, life all round and seal.
Reroll carefully to a 6" diameter round.
Roast on warm griddle till golden brown.
Repeat other side.
Take on serving plate. Apply a tsp. of ghee all over top.
OR
Shallow fry on griddle like a paratha for a better flavour.
But this method will consume more ghee and therefore calories.
Serve hot with dal or amti.

Note: The water drained from boiling dal is used to make the amti. (a thin curry made using black masala, garam masala and some mashed
dal.)

Making time: 45 minutes
Makes: 7-8 puranpolis
Shelflife: Best fresh (puran {filling} may be stored in the refrigerator for a week.

21. Patisa (Soan Papdi)

Ingredients

1 1/4 cup gramflour
1 1/4 cup plain flour (maida)
250 gms. ghee
2 1/2 cups sugar
1 1/2 cup water
2 tbsp. milk
1/2 tsp. cardamom seeds crushed coarsely
2 tsp. charmagaz (combination of 4 types of seeds) refer glossary
4" squares cut from a thin polythene sheet

Method

Sift both flours together.
Heat ghee in a heavy saucepan.
Add flour mixture and roast on low till light golden.
Keep aside to cool a little, stirring occasionally.
Prepare syrup simultaneously.
Make syrup out of sugar, water and milk as shown in introduction.
Bring syrup to 2 1/2 thread consistency.
Pour at once into the flour mixture.
Beat well with a large fork till the mixture forms threadlike flakes.
Pour onto a greased surface or thali and roll to 1" thickness lightly.
Sprinkle the charmagaz seeds and elaichi and gently press down with palm.
Cool, cut into 1" squares, wrap individually into square pieces of thin plastic sheet.
Store in airtight container.

Making time: 45 minutes
Makes: 20 pieces (approx.)
Shelflife: 2 weeks

22. Coconut Burfi

Ingredients

250 gms. finely grated coconut
250 gms. sugar
150 ml. water
ghee for greasing plate

Method

1.Prepare syrup with sugar and water to 2 1/2 thread consistency.
Use method as shown in introduction.
2.Warm coconut in heavy saucepan, pour in the syrup.
3.Stir well and cook till soft lump forms.
4.Spread in a greased plate. Cool.

5.Sprinkle cardamom powder (optional).
6.Cut into squares, store in airtight container.

Making time: 30 minutes
Makes: 20-25 pieces
Shelflife: 2 weeks

23. Imarti

Ingredients

2 cups urad dal
3 cups sugar
300 ml. water
saffron colour
1/2 tsp. cardomom ground
500 gms. ghee to fry

Method

1.Soak urad dal overnight in plenty of water.
2.Wash and drain. Grind to fine thick batter. Put water little by little.
3.Add colour and mix very well.
4.If using a mixie, beat the dal well by hand till fluffy after grinding.
5.Keep aside for 3 hours. More is weather is cold.
6.Make 1 tar sugar syrup as shown in introduction.
7.Add cardomom powder to syrup.
8.Using either an imarti bottle (with nozzle) or cloth as shown in note, form imartis in the hot ghee. Lower flame and allow to crisp turning once.
9.Remove from ghee, drain and dip in hot syrup.
10.Soak for 3-4 minutes, drain and serve.
11.Repeat for remaining batter.
12.Make 4-5 imartis at a time, depending on size of frying pan.

Note:

Use a flat bottomed frying pan.
The imarti bottle can be substituted with a soft plastic sauce bottle with a nozzle.
If not available, take a 12"x 12" thick cloth, make a buttonhole type hole in centre.
Place over a tumbler and pour in some batter.
Hold like a pouch and press out imartis like icing.
Shape the imartis as follows, make a ring first, then form small ringlets all along the ring.
Till you come to the start.

Making time: 1 hour (excluding soaking and keeping time)
Makes: 20 imartis
Shelflife: (1) Keep unsoaked in syrup for a day. (2) Soak in syrup as required.

24. Kaju Barfi

150 gm cashewnuts
400 gm sugar
elaichi powdered
silver foil (optional)
500 gm khoya

Method

Dry grind the cashew
Mix khoya (grated) and sugar
Heat in a heavy pan, stirring continuously.
Once the sugar dissolves, add the cashew (powdered) and elaichi
Cooking, constantly stir till soft lump is formed and does not stick to sides
Roll on a flat surface to desired thickness and apply silver foil.

25. Khajur Burfi or Rolls

1 tin condensed milk
1 kg khajur deseeded (dates)
250 gm mixed dryfruits (badam, cashew, pista)
1/2 cup dessicated dry coconut

Method

Break up khajur coarsely
Add milkmaid and dryfruit all in a heavy, non-stick pan.
Cook on slow flame, stirring continuously.
Do not allow to stick to bottom.
It takes a while to cook
Stir gently till a soft lump forms.
Spread some of the coconut on a butter paper sheet.
Grease hands and take a chunk of the mixture and roll into a thick roll, on the sheet, all the coconut to cover it.
Chill the rolls in the fridge
Cut into slices
Or set in a tray and cut into squares.

26. Kalakand (Milk Burfi)

2 litres milk
1/2 to 3/4 cup sugar
chopped nuts to decorate (pista, almonds)
silver foil (optional)
1/2 tsp citric acid dissolved in 1/2 cup water.

Method

Boil half the milk and add the citric solution as it comes to boil
Switch off gas. Once the chenna settles sieve through muslin cloth, press out excess water, take in a plate and press down.
Do not knead.
Put the remaining milk in a heavy pan and boil to half.
Add the chenna and boil till the mixture thickens, stirring continuously.
Add the sugar and continue to cook, stirring all the while till softly thickens in a lump.
Set in a tray, apply silver foil and sprinkle the chopped nuts.

27. Badam ka seera

1 1/2 cup almonds soaked overnight
3 cups hot milk
250 gm ghee
1/2 to 1/3 cup sugar

Method

Peel the almonds, wash and grind to fine paste.
Heat ghee in a heavy pan.
Add paste and cook on first high then slow flame, stirring continuosly.
After a while it should turn a light brown and aromatic.
Carefully pour hot milk and stir.
Use a long-handled spatula as the mixture tends to splatter.
When thickens, add the sugar and cook, stirring continously and gently till ghee begins to separate.
Decorate with chopped nuts and serve hot.

28. Carrot Halwa

1 kg juicy orange carrots
1 1/2 litre milk
400-500 gm sugar
elaichi powder (cardomon)
saffron few flakes
few drops orange colour (optional)
1 tbsp ghee

Method

Peel and grate carrots
Put milk and carrots in a heavy saucepan. Boil till thick, stirring occassionally. Once it starts thickening, stir continuously. Add sugar and cook
further till thickens. Add ghee, elaichi, saffron and colour. Stir on low heat till the mixture collects in a soft ball or the ghee oozes out. Serve
hot, decorated with a chopped almond or pista.

29. Doodhi Halwa

1 kg doodhi
1 1/2 litre milk
400-500 gm sugar
elaichi powder (cardomon)
saffron few flakes
1 tbsp ghee

Method

Peel and grate Dudhi
Put milk and dudhi in a heavy saucepan. Boil till thick, stirring occassionally. Once it starts thickening, stir continuously. Add sugar and cook
further till thickens. Add ghee, elaichi, saffron and colour. Stir on low heat till the mixture collects in a soft ball or the ghee oozes out. Serve
hot, decorated with a chopped almond or pista.

30. Chickoo Halwa

6 chickoos
1/2 tea cup milk
1/4 - 1/3 cup sugar
150 gms khoya or milk powder made paste.
2 - 3 drops cochineal (essence)
1 tbsp ghee

Method

Peel and mash chickoos or blend.
Add milk and boil in heavy saucepan.
When slightly thick add khoya and cook, stirring continuously.
Add sugar and ghee. Cook on low turning continuously till ghee oozes.
Garnish with almond or walnut in centre of the halwa.

31. Dal ka seera

500 gm Moong dal (green)
500 gm sugar
500 gm ghee
saffron soaked in a little milk

elaichi powder
water about 250 ml.

Method

Soak the dal for 5-6 hours.
Wash and remove the skins well.
Grind dal fine either in a stone grinder or electric grinder or mixie.
Use as little water as possible.
Put sugar and water in a pan and put to boil.
Once sugar dissolve add a few tblsp. of milk.
As the syrup boils the scum will rise.
Remove with a strain.
Further boil till the syrup become sticky between the fingers.
(One thread should fall when poured from a tilted spoon) keep aside.
Heat the ghee in a heavy kadai (vessel) and add dal.
Keep stirring rigorously to avoid burning.
Once the dal stops sticking to the vessel, stir gradually till golden brown, and ghee begins to separate.
Pour the hot syrup, add elaichi and dissolved saffron.
Stir very carefully, not allowing hand to be scalded. Cook slowly till all water is absorbed.
Decorate with chopped dry fruit.
Serve hot especially on a cold day.

32. Atte ka seera

2 tbsp. wheat flour
2 1/2 tbsp. ghee
3/4 to 1 cup sugar or molasses (jaggery)
elaichi powder
chopped pista and almonds

Method

Add flour and roast on slow fire, stirring continuously
Side by side add to sugar 2 1/2 cups water and keep to boil
When the atta becomes a golden brown, add the boiling sweet water
Stir gently and continuously till excess water evaporates and the ghee separates.
Decorate with chopped nuts

33. Beetroot Halwa

1 kg beetroot
1 1/2 litre milk
400-500 gm sugar
elaichi powder (cardomon)
saffron few flakes
1 tbsp ghee

Method

Peel and grate beetroot
Put milk and dudhi in a heavy saucepan. Boil till thick, stirring occassionally. Once it starts thickening, stir continuously. Add sugar and cook
further till thickens. Add ghee, elaichi, saffron and colour. Stir on low heat till the mixture collects in a soft ball or the ghee oozes out. Serve
hot, decorated with a chopped almond or pista.

34. Rava (Semolina) Ladoo

Ingredients:

1 cup rava
3/4 cup sugar
2 tbsp. ghee
1/4 cup milk

METHOD:

Take ghee in a deep saucepan and heat.
Add rava and cook on low heat. Stir continuously.
When the rava turns light brown add the sugar. Stir for 3-4 minutes.
Keep aside cool for some time. Add cardomom powder, coconut flakes and saffron.
Add half the milk. Mix well. Wet hand with milk and shape the mixture in ladoos.

Serves: 12 helpings
Time required: 1/2 hr.
Shelf life : 15 days

35. Rossogolla

Ingredients:

1 litre milk
1/2 tsp. citric acid
1 1/2 cups sugar
4 cups water
2-3 drops rose essence

Method:

Heat the milk and bring to boil.
Cool the milk for a couple of hours. Remove the cream layer.
Reheat the milk and bring to a boil.
Add the citric acid dissolved in some water.
Stir slowly till the milk is fully curdled.
Keep as it is for 5 minutes.
Meanwhile heat the sugar and water in a wide sauce pan. Bring to a boil.
Strain the milk through a muslin cloth. Wash the chenna in the cloth under cold running water.

Press out the excess water and remove in a wide plate.
Gently knead into a soft dough by passing between fingers.
Make twelve equal sized balls of the dough.
Let them into the boiling water. Cover with a perforated lid. Boil for 13 to 15 minutes.
Take off from heat and cool them to room temperature.
Add essence and chill for at least 4 to 5 hours.

Serves: 6 helpings
Time required: 1/2 hour.

36. Pedhas

INGREDIENTS

500 gms. khoya (mawa)
300 gms. sugar
3 drops colour as required
8 to 10 pistas sliced
1/2 tsp. cardamom powder
cookie mould

Method:

Grate khoya . Powder sugar . Mix together in a skillet .
Heat on low flame , stiring continously .
Cook till mixture thickens . It should form a very soft lump .
Cool for 10 minutes . Addcardamom powder & colour . Mix well .
Take a small fistful of mixture . Form a ball . Press into the cookie mould .
Turn out carefully . Press 2-3 slices of pista on the centre .
Repeat for remaining mixture .

Note on khoya.
Khoya is available in most Indian sweetmeat stores anywhere.
Making at home consumes time but isn't that difficult.
Boil milk on high flame in a large heavy saucepan till water evaporates ,
leaving a soft lump. Stir frequently while cooking.
OR Substitute with 1 tin (400 gms.) condensed milk and 1 cup milk.
Lessen sugar by 1/2. Boil till a soft lump is formed. Stir continuously while cooking.

Serves: 36 pieces
Time required: 1/2 hr.
Shelf Life: 15 days (refrigerated)

37. Mava Burfi

Ingredients:

500 gms khoya
300 gms. powdered sugar
1 tsp. cardamom powder

2 sheets silver foil (edible)

Method:

Mash khoya . Mix in tne sugar. Put into a heavy saucepan.
Cook on slow flame, stirring continuously.
Cook till the mixture is a very soft lump.*

Place on a working board and roll with a rolling pin to 1/2 inch thickness.
Cool a little. Spread on the working board silver foil carefully and evenly.
Make incisions with knife to cut in the desired size and shape.
Note: Burfi is usually cut into 1 1/2 inch squares.

Variation:

To make chocolate mava burfi: Follow till * as above. Divide the mixture in two parts 1/3 and 2/3
In the smaller part mix 1 tablespoon cocoa powder and 1/2 tsp. chocolate colour.
Roll both parts separately. Place the chocolate on the mava layer. Roll lightly.
Continue as for mavaburfee.

Serves: 25 helpings
Time required:1/2 hr.
Shelf life: 10 days

38. Malai Ladoo

Ingredients

1/2 cup condensed milk
250 gms. paneer (cottage cheese)
2-3 drops kewra essence
1/4 tsp. yellow colour

Method

1.Mash paneer.
2.Add condensed milk and cook on slow flame, stirring continously.
3.Cook till thick and sides leave.
4.Add essence and remove from flame.
5.Mix well.
6.Pour on plate.
7.Cool. Make ladoos.
8.Sprinkle powdered elaichi and decorate.

39. Gulab Jamoon

Ingredients

500 gms. khoya
125 gms. plain flour

1/4 tsp. baking soda
1/4 cup milk
1/4 tsp. cardomom powder
1 pinch saffron strands
250 gms. sugar
ghee to deep fry

Method

1.Crumble the khoya. Sieve in the flour and soda together.
2.Mix in the cardomom powder and crushed saffron.
3.Mix well to form a soft dough. Use as much milk as required for kneading.
4.Make balls of even size. Makes about 25-30.
5.Heat the ghee very well. Take off fire and cool a little. Let in some of the jamoons.
6.When they rise up put back on fire and fry till medium brown.
7.Remove from ghee and put in the syrup. Soak for 10 minutes. Drain and transfer to a glass bowl.
8.Repeat for all the balls. When done pour the remaining syrup over the jamoons.
9.Microwave lightly or warn over boiling water before serving.

To make the syrup:

1.Take the sugar in a heavy pan and add water to just cover the sugar.
2.Boil and add a tbsp. of milk to separate the dirt. Strain and boil again.
3.The syrup is done when , while dropping from a spoon it falls in a thin single thread.

Serves: 25-30 helpings
Time required: 1 hr.
Shelf life :2-3 days, (1 week refrigerated)

40. Sweet Kachori

Ingredients:

For filling:

200 gms. khoya
50 gms milk powder
1/2 tsp.nutmeg-cardomom-cinnamon powder

For cover:

250 gms. plain flour
1 tbsp. cornflour
30 gms. ghee

For syrup:

250 gms. sugar
1 cup water
1 big pinch saffron

Ghee for deep frying

Method

1.Mix ingredients for filling. The mixture should be soft and crumbly.
2.Mix ingredients for cover. Using water knead to a pliable dough.
3.Cover with a wet cloth. Keep aside
4.Boil sugar and water adding a tbsp. of milk to clear the syrup.
5.Boil till the syrup is slightly sticky between the fingers.
6.Strain. Crush and add the saffron. Keep aside.
7.Make 15 to 16 flattish balls of the mixture.
8.Divide dough also into 15 to 16 parts.
9.Roll one part into a puri, place one mixture ball in the centre.
10.Pull up all the sides to seal the mixture and press in centre.
11.Make 5 to 6 such kachoris, heat ghee and fry on low flame till light brown, turning once.
12.Repeat for remaining kachoris.
13.When slightly cool, make a hole in the centre of each (approx. 2cm. diameter).
14.Pour about half tbsp. of syrup and roll kachori around to let the syrup spread.
15.Allow to stand for half hour before serving. Note: The unsweetened kachoris may be stored without refrigeration for one week and
sweetened as required .

Serves:15 helpings .
Time required:2 hr.
Shelf life: 10 days .

41. Spicy Khaja

Ingredients

2 cups gram flour
1/2 cup plain flour
2 tsp. red chilli powder
1/2 tsp. omam seeds (ajwain)
1/2 tsp. cumin seeds
1 tbsp. coriander very finely chopped
1 tbsp. oil
salt to taste
oil to deep fry

Method

1.Mix both flours together.
2.Make a well in the centre, add all other ingredients, except oil to deep fry.
3.Mix them well in the flour.
4.Add enough water to make a soft pliable dough.
5.Divide dough to make small (4" diameter) thin rounds.
6.Prick on both sides with a fork.
7.Allow to dry on a clean cloth for 25-30 minutes.
8.Deep fry in hot oil till a light browning appears.
9.Do not over fry.
10.Drain and cool completely before storing.

Making time: 30 minutes
Makes: 25-30 pieces

42. Shankarpala

Ingredients

1 cup water
1/3 cup sugar
1/3 cup ghee
1 1/2 cup maida (plain flour)
ghee to deep fry

Method

1.Warm the water, sugar and ghee together till sugar dissolves.
2.Add maida and knead into a soft pliable dough.
3.Divide dough into 4 parts.
4.Roll into chappatis 1/3" thick.
5.Cut with a cookie cutter or knife into small diamond shapes.
6.Lift with spatula and loosen. Keep aside on a dry cloth for 1 hour.
7.Deep fry in hot ghee over slow flame till light goldenbrown.
8.Drain well and keep aside till cool.
9.Store in clean, dry containers.

Making time: 45 minutes.
Makes: 2 1/2 cups.

43. Mitha Khaja

Ingredients

1 1/2 cup maida (plain flour)
1/2 cup jaggery
1 cup water
1/4 tsp. cardamom powder
1 tbsp. ghee
ghee to deep fry

Method

1.Heat the water and jaggery till all of it dissolves in the water.
2.Strain and cool a bit.
3.Mix the cardamom powder and ghee in the flour.
4.Knead the flour with the jaggery water.
5.The dough should be stiff but pliable.
6.Break into approx. 20 parts.
7.Knead each with palm and roll into 4" rounds.

8.Make many tiny slits with knife or fork on each on both sides.
9.Keep them aside on a clean cloth for an hour or so to dry a bit.
10.Deep fry in hot ghee on low flame till light golden in colour.
11.Drain and cool for a while.
12.The khajas will become crisper and harder as they cool.
13.Store in airtight container after cooling completely.

Making time: 45 minutes
Makes: 20-25 pieces

44. Karanjia

Ingredients

For cover :
1 cup plain flour (maida)
1 tbsp. ghee
water to knead

For filling:
1/2 cup coconut flakes fine
1/2 cup khoya
1 tbsp. poppy seeds (khuskhus)
1 tsp. cardamon powder
1 tbsp. crushed almond
1/4 cup sugar ground
10 to 15 raisins

Method

For cover:

1.Roast khoya to a light pink by stirring continuously over low heat.
2.Cool and break in fine crumbs with fingers.
3.Mix flour and ghee well.
4.Add enough water to make soft pliable dough.
5.Keep aside.

For filling :

1.Roast coconut flakes lightly. Cool.
2.Mix all other ingredients.
3.Check for sweetness.

1.Make small (4 ") rounds, not too thin not too thick .
2.Place 1 tsp. filling in one half of round .
3.Fold over the other half, sealing in the mixture.
4.Seal edges by twisting or pressing together .
5.Make all in t he same way.
6.Dry on clean cloth for 30 minutes.
7.Deep fry in hot ghee on low till light brown on both sides.
8.Drain and cool completely before storing.

Note: You may use a karanjia mould for filling them if available.

Making time: 1 hour.

Makes: 13 to 15 pieces.

45. Boondi

Ingredients

1 cup gram flour
1/2 cups sugar
1 cup water
1/4 tsp. cardamom powder
6-8 chopped almonds
ghee to deep fry
perforated flat spoon about 5" diameter

Method

1.Boil the sugar and water together. Add a tbsp. of milk to bring up the scum.
2.Remove scum and boil liquid till the syrup is sticky between the fingers.
3.Keep aide, but keep warm for use.
4.Make batter with gram flour, which should not be too thin.
5.The batter should evenly coat the back of a spoon when dipped in it.
6.Heat ghee, hold perforated spoon a little above the hot ghee, pour some batter on the spoon.
7.Tap very lightly at edge of spoon to allow small droplets to fall in the ghee.
8.Pour back remaining batter and wipe spoon.
9.Stir the boondis in the ghee gently and fry till crisp but not brown.
10.Drain and put into the syrup. Keep for 3-4 minutes before draining from the syrup.
11.Spread on a wide plate, add cardamom powder, almonds and mix gently.
12.Cool completely and loosen the boondi with finger till each droplet separates.
13.Store in airtight container.

Note: Take great care while dropping the boondi in the hot ghee so as not to burn yourself. A little practice and it is very easy.

Making time: 30 minutes.
Makes: 3 cups approx.

46. Sada (Plain) Dosa

Ingredients:

1 cup plain rice
1 cup parboiled rice
1/4 cup white udad dal
1/2 tsp. methi (fenugreek) seeds
1 /2 tsp soda bi carbonate
1/2 cup curds
10-12 tsps. ghee or oil as preferred
water for grinding

Method

Wash the rices and dal together.
Add plenty of water and methi seeds.

Allow to soak for 7-8 hours or overnight.
Rewash the rice by draining the water 2-3 times.
Grind to a paste. Rawa-like grains should be felt in the batter. Add soda bicarb and salt and mix well.
Keep aside in a warm place for 8-10 hours.
Beat the curds well.
Add to the batter, add more water if required.
The consistency of the batter should be thick enough to thickly coat on a spoon when dipped.
Heat the iron griddle or non-stick tawa well.
Pour a spoonful of batter in the centre, spread with the back of the spoon to a thin round.
Pour a tsp. of ghee or oil over it.
Remove with spatula when crisp.
Serve hot with chutney and / or sambar.

47. Rava Dosa

Ingredients:

1 cup fine soji (semolina)
1/2 cup rice flour or plain flour
1 tbsp. oil
1/8 tsp. soda bicarb
2-2 ½ cups buttermilk
1 tsp. coriander chopped fine
2 green chillies chopped fine

Method:

Blend all the ingredients together.
Add more buttermilk if necessary.
ginger grated Roll the dosa in a three-fold cylinder.
oil to shallow fry Serve hot with onion and/or coconut chutneys.

The batter should be relatively thin. salt to taste Keep aside for 20 - 30 minutes.
Heat griddle and pour 1 large spoon of batter on it.
Spread by gently rotating the griddle.
Put some oil (1/2 tsp.) over dosa.
Lift with a spatula as for basic dosa.

Makes: 10 - 12 thin dosas
Shelflife: Fresh only.
Texture: Thin with polka sized holes, not too crisp, foldable.

48. Mixed Dal Dosas

INGREDIENTS:

1 cup rice
1/3 cup each yellow moong, channa, udad dal
2 tbsp. curds

1/2 tsp. soda bicsarb
2 tbsp. oil
salt to taste
oil to shallow fry

Method:

Wash rice separately and dals toghether.
Soak in plenty of water and keep aside for 5-6 hours.
Wet grind the rice till semolina type grain can be felt
Wet grind rice till fine.Mix both batters.
Add the curds, salt, soda and oil.
Mix well till fluffy and light.
Keep aside for 3-4 hours before making dosas.
Heat griddle, pour batter and make as for plain dosas.
Serve hot with chutney.
Make thin or thick as desired.

Makes: 8-10 medium sized dosas
Shelflife: 1 day refrigerated.
Texture: Light and thin, foldable but crisp.

49. Masala Dosa

Ingredients:

1 cup plain rice.
1 cup parboiled rice.
1/4 cup white udad dal.
1/2 tsp. methi (fenugreek) seeds
1 /2 tsp soda bi carbonate
1/2 cup curds the batter.
10-12 tsps. ghee or oil as preferred
water for grinding

Method:

Wash the rices and dal together.
Add plenty of water and methi seeds.
Allow to soak for 7-8 hours or overnight.
Rewash the rice by draining the water 2-3 times.
Grind to a paste. Rawa-like grains should be felt in
Add soda bicarb and salt and mix well.
Keep aside in a warm place for 8-10 hours. Beat the curds well.
Add to the batter, add more water if required.
The consistency of the batter should be
enough to thickly coat on a spoon when dipped.
Heat the iron griddle or non-stick tawa well.
Pour a spoonful of batter in the centre, spread
with the back of the spoon to a thin round.
Pour a tsp. of ghee or oil over it.
Spread chutney spread over dosa.
Place a tbsp. masala in the centre.
Fold into triangle to cover masala.

Remove with spatula when crisp.
Serve hot with chutney and/or sambar.

For masala:

Ingredients

2 large onions in vertical slices
2 large potatoes boiled and peedled
4-5 green chillies
1 tbsp. chopped coriander
8-10 cashews halved
1/2 tsp. each udad dal, cumin & mustard seeds
2 tbsp. oil
1/4 tsp. turmeric
salt to taste

Chop potatoes coarsely. Chop green chillies.
Heat oil, add cashews and brown lightly.
Add dal, seeds and splutter.
Add chillies and onions. Fry till tender.
Add turmeric, salt, potatoes, coriander.
Mix well.

50. Chutney spread:

1/2 cup grated coconut 4 red chillies or 1 tsp. red chilli powder
1 long bean tamarind
2 flakes garlic
1 tbsp. groundnuts
salt to taste
Grind all ingredients together to form a firm chutney. Use very little water.

51. Channa Bhatura

Ingredients
For Channa

1 cup kabuli channa soaked overnight
1 large tomato
2 large onions
1 1/2 tbsp. chopped coriander
1 tsp. ginger grated
1 tsp. garlic crushed
1 lemon (juice extracted)
2 tbsp. oil, 1 tbsp. ghee
1 tsp. tea leaves (tied into a pouch in a
small piece of clean muslin cloth)
4 green chillies slit
2 bay leaves
1 tsp. sugar
1 tsp. cumin seeds

Dry masalas :-
1 tsp. red chilli powder
1/2 tsp. each cinnamon - clove powder,
turmeric powder
1/4 tsp. each garam masala, pepper
powder
salt to taste

For Bhatura

2 cups plain flour (maida) 2 tbsp. curds
2 tbsp. butter or oil
1/2 tsp. soda bicarb
salt to taste
Milk to knead dough
oil to deep fry

Method:

Sieve together flour, salt and soda.
Add and mix in curds and oil.
Add enough milk to knead into a soft pliable dough.
Cover with a wet cloth.
Keep aside for 5-6 hours. Make sure the cloth does not dry up, or wet again.

Knead dough again. Take fistful of dough. Roll into 1/4" thick 5" diameter round. Fry in hot oil. Turning only once. Till very light golden in colour. Repeat for all. Serve hot with hot channa and slices of onions and lemon.

Method for Channa

Put the soaked, washed channa in a cooked with enough water, teapouch and bay leaves.
Pressure cook till done. (approx. 6-7 whistles).
Cool about 5 tbsp. channa for grinding.
In a mixie, blend together 1/2 tomato, 1 onion, cooled channa and 1/2 tbsp. coriander. Keep aside.

Chop remaining tomatoes and onions fine.
Heat oil in a large skillet.
Add cumin seeds to splutter.
Add ginger-garlic and fry for a minute.
Add chopped tomatoes, onion and fry till tender.
Add channa-paste, fry further 3-4 minutes.
Add all dry masala except cinnamon-clove powder.

Stir and fry till oil separates. Add drained channa and 2 cup water which was drained from channa.
Stir and bring to boil.
Simmer for 7-8 minutes till gravy thickens.
Take in serving dish.
Heat ghee in a small sauce pan.
Add the chillies and cinnamon-clove powder.
Add chopped coriander and pour hot over the channa.
Squeeze lemon over channa.
Stir in seasoning gently.

Making time :- 30 mins (excluding pressure cooking)
Serves - 5

52. Pav Bhaji

Ingredients

8 pavs (squarish soft buns about 4" x 5" size)
butter to shallow fry.

For Bhaji

1 capsicum chopped fine
2 onions chopped fine
2 tomatoes chopped fine
2 1/2 cups chopped mixed vegetables (beans, carrots, cauliflower, potota, beans, bottle gourds, etc.) 1/2 cup shelled peas
2 tbsp. butter
2 tsp. pavbhaji masala
1 1/2 tsp. chilli powder
1/4 tsp. turmeric powder
1/2 tsp. sugar
salt to taste
1 cup water (in which vegetables were boiled)
1/2 tsp. each ginger grated, garlic crushed
juice of 1/2 lemon.

To Garnish

1 tbsp. coriander chopped
1 onion chopped
small pieces of lemon

Method

Pressure cook mixed vegetables and peas till well done.
Mash them coarsely after draining.
Heat butter in a pan.
Add ginger-garlice, capsicum, onion, tomatoes.
Fry for 2-3 minutes till very soft.
Add pavbhaji masala , chilli powder, turmeric, salt, sugar and fry further 2-3 minutes.
Bring to boil.
Simmer till gravy is thick, stirring and mashing pieces with masala, in between.
Add lemon juice, stir.
Garnish with chopped coriander and a block of butter.

For Pavs

Slit pavs horizontally leaving one edge attached. (To open like a book).
Apply butter (as desired) and roast open on a griddle till hot and soft with the surface crisp on both sides.

Serve hot with bhaji, a piece of lemon and chopped onion.

Making time : 30 mins. (excl. pressure cooking time)
Serve : 4 (2 pavs each)

53. Vegetable Pie

Ingredients

2 cups plain flour (maida)
100 gms. chilled butter
1/2 tsp. salt
chilled water

For Filling

2 cups Chopped vegetables of choice (eg. potatoes, peas, beans, carrot, spinach, cauliflower etc, All or any)
2 onions
1 tomato
2 green chillies
1/2" piece ginger
1 tbsp. oil
1/2 tsp. red chilli powder
1/2 tsp. curry masala (or garam masala)
1 tbsp. cream
1 tsp. corn flour
salt to taste

Method

Sieve together flour and salt.
Add chilled butter. Mix with fork till mixture is crumbly.
Sprinkle chilled water over it.
Quickly, with light hand mix the dough into a lump.
Do not over knead.
Chill dough for 15 mins. in a plastic bag.
Roll dough into 4" thick round.
Place over a greased pie plate.
Prick with a fork all over.
Bake in a pre-heated oven for 12 mins., or till light brown. Keep aside.

Filling

Grate tomato, onion, ginger.
Finely chop green chillies.
Chope and boil other vegetables.
Heat oil in a skillet, add the grated vegetables and chillies.
Cook for 4-5 mins. Stirring occasionally.
Add all other ingredients except cream.
Cook till the water evaporates and curry is thick.
Sprinkle a little cornflour over the crust.
Pour and spread the filling in the shell.
Pour cream all over.
Bake for 8-10 mins. in pre-heated oven.
Slice and serve warm.

54. Poha

1 cup beaten rice (poha)
1/4 cup crushed groundnuts
1/4 cup grated or scraped coconut

1/4 cup coriander leaves
1 stalk curryleaves chopped
1/4 tsp sugar
salt to taste
5-6 green chillies
1 tsp lime juice
1 1/2 tbsp oil
2 onions chopped
1 small potato chopped
1/2 tsp each cumin & mustard seeds.

Wash poha till clean. Drain water sprinkle a handful of clear water and keep aside.

After 15 minutes loosen the poha gently, and break lumps with fingers. In a heavy saucepan, heat oil, add seeds and then potatoes. Stir for
2-3 minutes. Add onion, chillies and curry leaves. Stir and fry onions till tender. Take off fire.

Add poha and all other ingredients. Save some coconut and coriander leaves for garnishing. Mix very well. Adjust salt and lime as per taste.
Return to low flame till hot. Stir gently every now and then. Transfer to serving dish and gamish with coriander and coconut. Serve hot with
freshly brewed coffee.

Making time: 15 mins (excluding soaking time)
Serves: 3
Shelflife: best fresh

55. Bhel

1 1/2 cups puffed rice
1 onion
1 tomato
1 small boiled peeled potato
1/2 tbsp coriander leaves
1/2 cup fine sev
1/4 cup parboiled moong sprouts -- optional
1 tsp roasted peanuts -- optional
1 tsp hot green chutney
1 1/2 tsp tamarind chutney
salt to taste
1/4 lime juice
10-12 puries (used for bhel or panipuri optional) crushed

Method

Just before serving. In a large mixing bowl, add puffed rice, and all ingredients except 1/4 the coriander and sev. Mix well. Sprinkle a few
drops water if too dry. Adjust taste and salt. Spoon into individual bowls. Sprinkle some sev and coriander to garnish. Serve immediately.

Making time: 15 minutes (excl chutney making time)
makes: 3 servings
Shelf life: best fresh.

56. Tandoori Roti (without Tandoor)

Ingredients

2 cups slightly coarse wheat flour
1/4 cups maida
2 tbsp ghee
2 tbsp curd
salt to taste.

Knead slightly stiff dough cover and keep for 2 hours.
Take naan sized dough and make a ball.
Roll to a thickish roti (4-5 mm thick).
Heat griddle (tawa) place on tawa and dry one side.
Wet upper side with water and invert.

Invert griddle and roast over gas flame (or if available a barb - que coalfire). It will fall off when done.

Serve hot with desired vegetables.

57. Naan

3 cups self-raising flour (maida)
1 tbsp oil
2 tbsp butter
1/2 cup curds fresh
salt to taste
1/2 tsp baking soda (soda - bicarb)
warm milk for kneading.

METHOD

Sieve together dry ingredients into a large rimmed plate. Add butter curds, oil and crumble with fingers. When does is like course crumbs, add
milk a little at a time, till a soft pliable dough is formed. Cover with wet muslin cloth. Cover with another plate and keep aside for 5 - 6 hours.

Knead dough lightly. Break of piece, the size of a medium potato and roll into a thick triangle, using dry dough if required.

Place on a pre-warmed griddle (tawa). Apply water on the top part with hands Invert naan and stick to griddle. Invert griddle and roast over
the gas flame direct (or nothing like toasting over bar-b-que coals). Serve hot with a blob of butter on it.

58. Spicy Roti

1 1/2 cups wheat flour
1/2 cups gram flour
1 1/2 tsp chilli powder
1 tbsp oil
salt to taste

1/2 turmeric powder
2-3 pinches asafaetida
1/2 tsp each cummin / oregano seeds
finely chopped coriander
1 tbsp water

METHOD

Knead a slightly stiff dough, adding all above ingredients, cover with wet cloth. Break off bits and make small potato sized balls. Roll to 3-4
mm thickness. Roast on griddle (tawa) as for phulka. Or after brown spots appear place direct on gas flame and puff, with help of tongs.
Phulka also may be done similarly if puffing with cloth, feels difficult. Apply ghee or butter and serve hot with sweetened mango preserve
(chunda) or curds or jam.

59. Baked Bread Rolls

Ingredients

6 slices soft bread fresh
1 tbsp. butter softened
2 flakes garlic crushed
1/2 tsp. crushed red chilli
salt to taste
1 tbsp. grated cheese

Method

1.Roll the bread flat with the help of a rolling pin.
2.Mix the salt, chilli, garlic in the butter.
3.Apply on all slices generously.
4.Roll one slice tightly from end to end.
5.Brush all over with a bit of butter.
6.Coat the roll with grated cheese by rolling in it.
7.Repeat for all slices. Cover rolls with a moist cloth.
8.Place in the refrigerator for 30 minutes.
9.Bake in a hot oven for 10-15 minutes or till golden brown and crisp.
10.Serve hot with ketchup.

Note: If you have trouble keep the rolls in place when raw, secure them with toothpicks before placing in the fridge. Remove toothpicks
before baking.

Making time: 10 minutes (excluding chilling and baking time)
Makes: 6 rolls

60. Simple Potato Cake

Ingredients

3 large potatoes

1 capsicum
1/2 cup grated cheese
1/2 cup bread crumbs
1/2 cup milk
1red chilli crushed
2 tsp butter
1 tbsp. plain flour

Method

1.The potatoes will turn out best if boiled and refrigerated overnight before using.
2.Do not peel potatoes. Slice into thin rounds or grate coarsely.
3.Deseed capsicum and slice into thin rounds
4.Heat a thick nonstick pan about 5" diameter.
5.Meanwhile mix cheese, milk, crumbs, flour and chilli.
6.If mixture feels thin, add some more bread crumbs.
7.Add salt to taste. Apply 1 tsp. on bottom of pan.
8.Arrange potatoes to cover the pan. Top with capsicum.
9.Pour the mixture all over evenly. Level to cover all the potatoes.
10.Sprinkle fresh ground pepper, salt and simmer on low till bottom is golden brown.
11.Flip over very carefully with a wide sharp spatula, and roast the other side.
12.Let in the remaining butter around the edges to seep down.
13.Let other side become golden brown too.
14.Flip on serving plate and make sections with a knife.
15.Serve hot and crisp.

Variation: Bake the same if desired, instead if roasting.
Making time: 40 minutes

61. Mix Veg Curry

Ingredients

1 cup mixed vegetables sliced, boiled
(use carrot, cauliflower, beans, peas, potato, etc.)
1 tomato sliced
1/2 coconut grated
1/2 tsp. ginger grated
1/2 tsp. garlic crushed
3 green chillies
1 tbsp. sesame seeds
1/2 tsp. each cumin, mustard seeds
1/2 tsp. red chilli powder
salt to taste
1 tsp.lemon juice
2 cloves
1" piece cinnamon
2 tbsp. butter

Method

1.Drain the boiled vegetables, keep stock aside.
2.Blend together, coconut, chillies, sesame seeds, cinnamon, cloves in mixie.
3.Heat butter, add seeds, allow to splutter.
4.Add ginger, garlic and paste.
5.Stir fry for 3-4 minutes.
6.Add vegetables except tomatoes.

7.Add 1/2 cup stock. Cover, simmer for 5 minutes.
8.Add salt, chilli powder,tomatoes and cook till gravy is thick.
9.Serve hot with parathas or chappatis.

Making time: 20 minutes.
Makes: 2 servings

62. Palak Paneer

Ingredients

Spinach - 500 gms
Onions - 5 medium sized
Garlic - 2-3 flakes
Cooking oil - 6-7 tbsps
Cummin seeds - 1 tbsp
Paneer - 150-200 gms
Salt to taste
Garam Masala, Geera Powder, Chilli Powder

Method

1.Cook the spinach in water.
2.Drain the water and then make puree of the spinach leaves.
3.Cut 4 of the onions finely and saute them till transparent.
4.Grind the other onion and the garlic flakes to a fine paste.
5.Add this paste to the sauted onions. Also add the puree and the spice powders. Add some water if necessary.
6.Let boil for a minute or two.
7.Cut the paneer to cubes of desired size (preferably not too small). Fry this in oil till golden brown,
8.Add this paneer to the prepared palak.
9.Serve hot with rice or rotis.

63. Mysore Pak (South Indian Dish)

Ingredients

Besan (chick-pea flour) 1 cup
Sugar 1 1/2 cups
Ghee 2 cups
Water 1 3/4 cups

Procedure

1.Dissolve the sugar in the water and heat it.
2.Keep stirring till you get a thread consistency.
3.You can check for this by feeling the syrup between your fore-finger and thumb. (If the syrup has reached the required consistency, then you will able to pull it out like a thread).
4.Remove all the lumps in the chick-pea flour and add it to the syrup, 1 table spoon at a time.
5.Reduce the heat and add 2 teaspoons of ghee.

6.Stir, till the flour and ghee has completely blended with the syrup.
7.Repeat procedure 2 till you finish all of the besan.
8.Continue to stir and keep adding ghee 1tsp. at a time till the mixture changes color and texture. At one point, you will observe that the mixture is not able to absorb any more ghee. Also, the whole mixture becomes porous and starts leaving the edges of the vessel.
9.At this point, transfer the mixture into a greased plate and with a spatula press the mixture down till the excess ghee surfaces. Do not remove the excess ghee.
10.Allow it to cool for 10 minutes. Then, cut it into desired shape and wait for another 10 minutes. Carefully remove each piece and arrange on the serving tray.

Cooking time: 45 minutes.
Yield: 40 medium sized pieces.

64. Cabbage Kofta Curry

Ingredients

For Koftas

1/2 medium size Cabbage Shredded
2 tbsp Besan or all Purpose flour
Oil for frying

For Gravy

1 medium sized onion
a Piece of ginger
1 Cardamon
1 cinanamon stick small
1 clove
1 spoon jeera
1 spoon dania
2 medium sizes Tomatoes

Method

1.Take the shredded Cabbage in a bowl, add flour & make small round balls with the same.
2.Deep fry the balls in the hot oil & keep aside
3.In a seperate pan heat 1 tsp of oil & add bay leaves & the paste, salt according to taste & little bit of sugar.
4.Let the paste cook till the oil seperates.
5.Can add little water if the paste is too thick.
6.Switch off the flame add the Kofta's & Cover till Serving.
7.Before serving garnish with fresh coriader leaves.

65. Pineapple Gojju

Ingredients

1 canned (small) crushed pineapple

1 table sp sesame seeds
1 table sp urad dhal
1 table sp channa dhal
3 red chillies
2 green chillies
1 tsp chick peas
1/4 tsp asafoetida (hing)
1/2 tsp tamarind paste
a small piece of jagerry OR 1 table sp brown sugar
1/2 cup grated coconut
Salt to taste
1/4 tsp turmeric powder
4-5 table sp's Oil for frying
1 tsp mustard seeds

Method

1. Dry fry sesame seeds, urad dhal, channa dhal, red chillies and asafoetida till they all turn roast(frying time 5-6 mins)
2. Grind the fried ingredients with green chillies, chick peas, tamarind paste, jaggery (or brown sugar) and grated coconut to a smooth paste (add little water while grinding).
3. In the meantime, keep oil in a kadai and let it heat for a minute. Then put mustard seeds and turmeric powder and allow mustard seeds to pop.
4. Then put the canned crushed pineapple to it and fry the pineapple for about 15 mins approximately.
5. Later on, add the ground paste to the fried pineapple and fry further 10 mins.
6. Add salt according to taste
7. Remove kadai from the heat.
8. This goes well as a side dish with chapatis or rice & rasam and can be eaten hot or cold.

66. Tur Dal Kofta

Ingredients

2 cups tur dal
6-7 green chilles, chopped
3tb.spoon cumin seeds
1 pinch asafotida
Salt to taste
3tb.spoon finely chopped corriander leaves
3-4tb spoon grated coconut

Method

1. Soak tur dal over night. Then wash it thoroughly.
2. Grind it coarsly.
3. Then add chopped chillies, corrinder leaves, grated coconut, cumin seeds, asafotida & salt mix it thoroughly.
4. Then make small koftas (balls) with the mixture pressure cook for 15 min.
5. Serve hot with rice dishes.

67. Tikha Baigan Masala

Ingredients

1/2 kg brinjal (small size)
3-4 onions (cut in big pieces)
2 tbsp of grated coconut (dried)
1 whole garlic
ginger
2 tbsp chilli powder
1 tsp turmeric powder
salt to taste
small lump of tamrind
1 tbsp garam masala powder
1 tsp jeera

Method

1.Take all the ingredients grind it at once in mixer, do not add water.
2.Add 2 tbsp of oil in pan and heat it, put the mixture in the pan.
3.Fry the mixture properly. Take of the pan fromstove and let it cool.
4.Take the brinjal slit it in 4, fill the mixture in the brinjal.
5.Pour 2 - 3 tbsp of oil in kadai, heat it and then put the stuffed brinjal, cook it.
6.Add little water to the brinjal. Put small piece of jaggery to taste if required.
7.Let it cook for 15-20 minutes.

Your tikha brinjal masala is ready

68. Vaangi Baath (Brinjal Rice)

Ingredients

Brinjal - 300 gms
Onions - 2-3 medium sized
Coriander powder, Chilli powder, Salt to taste
Rice - 1 cup
Water - 2 1/2 cups
Cooking oil - 2 tbsps
Finely chopped coriander leaves

Method

1.Cut the brinjal & onions to not very fine pieces. If u cut the brinjals too fine, they will get mashed up and will lose their taste.
2.Saute the onions till they get transparent. Then, add the brinjals also.
3.Add the spice powders and saute the curry for 4-5 minutes.
4.Cook the rice in the quantity of water mentioned above. Do not overcook.
5.Allow it to cool and then mix it with the curry just prepared above taking care to see that u do not mash them up.
6.Garnish with finely chopped coriander leaves.
7.Serve hot.

69. Bread Besan Bajji

Ingredients

4 Slices of bread
1 cup of channa dal
1 spoon chilli powder
1/4 spoon corriander powder
salt to taste.
Oil for frying.

Method

1.If you prefer onions you can put 1/2 onion cut into small pieces.
2.Make the paste of channa dal by adding some water and mix salt, chilli, corriander powder and some corriander leaves for taste.
3.Cut the bread into four pieces and dip them in channa dal paste and deep fry them in the oil till golden brown.
4.Serve them with some hot sauce or ketchep.

70. Vegetable Cutlet

Ingredients

1 medium size carrot
1 medium size potato
1 medium size beet root (optional)
4-5 Beans
Peas (optional)

To Grind
garlic 1 small piece
Fennel seeds 2-3
Green chili 2-3
Coriander leaves little bit
One medium sizes onion finely cut & keep.

To dip
2-3 tablespoon of Maida & add little bit of water and mix them well (it should be pouring like idli flour)

Powder
Take 3-4 slices of bread & powder them. (you can use either breads crumbs)

Method

1.Finely cut all the above said vegetables.
2.Wash & Pressure-cook with little bit of water, turmeric powder & salt.
3.Smash them & keep it aside (if there is any excess waterin the cooked

vegetables just drain).
4. Heat one tablespoon of oil.
5. Fry onions till it turns into brown & add the grounded paste. Just fry for few seconds.
6. Then add the smashed vegetables & fry till it gets thickened. Wait to cool.
7. Then make them into small balls and dip it in the above said Maida consistency & immediately smear them in the above said powder and spread them in the plate or paper to dry.
8. Once everything over just do deep-fry or roast both the sides of them by adding little bit of oil till it turns into brown in the wok or thava.

Servings: 12-15 (depends upon the balls you are making)
Side Dish: Ketchup, Chilly chutney

71. Kesar Pista Kulfi

Ingredients

Take two cans of evaporated milk.
One can of condensed milk
One 16 Oz wipped cream
1\4 cup pista
1 pinch safron

Method

1. Take a pot and mix evaporated milk, condensed milk and wipped cream with the hand grinder (mixer grinder)
2. Now mix pista and saforn in it
3. Put into a air sealed container and put in the freezer for 4 hours.

Note: It will taste authentic with falooda.

72. Apple, Banana & Carrot Halwa (ABC Halwa)

Ingredients

1 cup chopped apple (without skin)
1 cup chopped banana
1 cup grated carrot
1 cup milk or 1/2 cup milk powder
1 cup coconut
3/4 cup ghee
2 cups sugar

Method

Grind carrot & milk.
Mix all the ingredients together except ghee.
Keep on stirring till the apple & banana pieces are cooked & the halwa becomes one mass.
Then add ghee, cardamom powder.
Remove from the stove top & decorate with nuts of your choice.

Preparation time: 40 minutes

Serves: 4

Required ingredients:

Rice -- 3 cups

Tamarind Extract -- 5 tbsp.

Split Bengal Gram – 2 tbsp.

Peanuts -- 0.5 cup

Mustard Seeds -- 0.5 tsp.

Dried Red Chile -- 5

Green Chile -- 4

Black Pepper Corns -- 8

Turmeric Powder -- 0.5 tsp.

Oil – 0.5 cup

Water -- 5 cups

Coriander Leaves -- 1 bunch

Curry Leaves -- 20

Sesame Seeds – 1 tbsp. (powdered)

Asafoetida – 0.5 tsp.

Salt to taste

In a large bowl, add water and rice and cook until well done. Remove from heat and in a wide, large bowl spread out the rice. Add turmeric, half of the curry leaves and three tablespoons of oil to the rice and mix thoroughly. Keep it aside.

Meanwhile in a skillet, heat remaining oil on low heat. To this add black mustard seeds, split bengal gram, red chile, pepper corns and peanuts. When the bengal gram turns light brown, add coriander leaves,remaining curry leaves, asafoetida, sliced green chiles and tamarind extract. Stir well. Remove from heat. Now add salt and sesame seed powder to the skillet and add it all to the bowl containing rice. Mix thoroughly. Serve with Verusanagapappu Pacchadi or plain yoghurt.

Note: You can adjust the amount of tamarind extract according to your taste.

73. Avial (Mixed Vegetables With Sauce)

Preparation time: 40 minutes

Serves 4

Required ingredients:

Cubed White Squash (pumpkin) -- 1 cup

Chopped French Beans, Cauliflower, Drumstick*, Bell Pepper, Potato -- 3 cups (mixed together)

Green Chilies – 4 (medium sized)

Plain Yoghurt -- 2 cups

Grated Fresh Coconut -- 1 cup

Curry Leaves -- 10

Coriander Leaves -- 4 tsp.

Mustard -- 1/8 tsp.

Turmeric -- 1/8 tsp.

Cooking oil -- 1/2 cup

Dried Red Chilies -- 2

Sugar -- 1 tsp.

Cumin -- 1 tsp.

Split Black Gram -- 1/8 tsp.

Asafoetida -- a pinch or two

Salt to taste

In a deep pot boil the mixed vegetables in a cup of water until tender. Keep aside. (If there is any water left in the pot, do not discard it).

In a blender, blend yogurt, sugar, cumin, grated coconut, turmeric, salt, coriander leaves, a cup of water until well mixed. Pour this mixture into the pot containing the vegetables and keep it on medium heat. Add the green chilies sliced lengthwise and simmer the contents for ten minutes. (Remember to stir frequently, as yogurt tends to stick to the bottom of the pot). Remove from heat and keep aside.

In a wide skillet heat oil on medium. When oil is hot add dry red peppers and fry for one minute. Then add mustard seeds, black gram and curry leaves. When the mustard seeds pop, add asafoetida. Immediately add the vegetables and sauce from the pot. Cook for a minute or two. Remove from heat.

Goes well with plain white rice, pita, paratha, puri.

*If drumstick is not available, you can add some other vegetable. Eggplant, however, is

not advised because it becomes bitter when boiled in water.

74. Milagu Kuzhambu

coriander seeds - 2 spoons(fry first)
toor dal - 2 spoons
whole black peppers - 2 spoons
whole red peppers - 3-4
asafoetida and curry leaves -little
Fry the above ingredients in a little amount of oil and grind it.Mix this paste with tamarind juice, add water and heat until the raw smell is gone.
Side dish - This can be mixed with rice and served along with paruppu thogaiyal, or as a side dish to curd rice.

75. Paruppu Thogaiyal

toor dal - 1
gram dal - 1
whole red peppers ,asafoetida
Fry the above ingredients in alittle ghee, add salt and grated coconut and grind.

76. Erissery (Maya Nair)

Green bananas or plantains (nenthrakkay) - cubed
turmeric powder - 1 teaspoon
chili powder - 1 teaspoon
cumin seeds - 1/2 teaspoon
mustard seeds - 1/4 teaspoon
urad dal - 1/4 teaspoon
coconut, grated - 1/2 cup (may substitute des. coconut)
coconut for garnish - 1 tablespoon
black pepper - 1/4 teaspoon
curry leaves - a few
salt to taste
oil - 1 teaspoon

Soak the cut plantains in warm water mixed with half teaspoon turmeric for ten minutes. Drain and cook the plantains with the remaining turmeric and salt. Grind the coconut well with cumin and add to the cooked plantains. Let it simmer. Meanwhile, heat the oil and pop the mustard seeds. Add the urad dal and the coconut reserved for garnish and stir till browned. Add this mixture to the erisherry and mix in the curry leaves.

77. Vella Appam (PK John)

2 cups of white rice
Half a coconut
1 table spoon of yeast
Sugar
Salt
2 table spoon of partially ground, cooked rice

Soak the washed rice for 3 to 4 hours.Wash and drain. Grind the soaked rice in a blender with just enough water so that the ground material will be thick. In the early stages of grinding take out about two table spoon of the partially ground rice and keep it apart for cooking and later mixing.(This will be called KURUKKU).
Mix separately 1 teaspoonful of yeast , quarter cup of luke warm water and 1 tablespoon of sugar and allow the mixture to rise. Grind the coconut to a milky emulsion. Mix your ground rice, 'Kurukku'(cook the partially ground rice saved earlier like a thick porridge) the yeast mixture and ground coconut
Allow the mixture to ferment for about 6 hours. Add sugar and salt as your taste dictates.You can add a little coconut milk to adjust the consistency.(You can add one beaten up egg at this stage if you fear appams sticking to the pan.- Alternately you can wrap a half fried egg in cloth and use it to rub the frying area of your pan.)
Now put the mixture in a warm oven for 2 hours just before you make the Appams
After it rises DO NOT STIR.
Use a cast iron pan and use the same technique that one uses for pancakes.

78. Poricha Koottu

toor dal, coriander seeds, urud dal, whole black peppers, cumin seeds - each 1 teaspoon
1 whole red pepper, grated coconut (fry last)
Fry the above ingredients in little ghee, grind and keep it aside.
Vegetables - Snake gourd, cabbage, beetroot
Cut any of the vegetables into small pieces, add moong dal and steam it in pressure cooker.Add the ground mixture to this and heat for a little while to mix uniformly.Add splattered mustard seeds.Add curry leaves.

79. Aviyal

Vegetables - Plantain, potatoes, brinjal, carrots, beans, drumstick, green peas
Cut the vegetables into long pieces and steam in pressure cooker.
Grind grated coconut and green hot chillies and salt.Add this to thick curd.Add cooked vegetables, mix well and heat for sometime. When cooked, add curry leaves and 1/2 spoon coconut oil.

80. Tamarind pickle (Pulikkachal)

coriander seeds (Dhaniya), fenugreek seeds, sesame seeds - each 1 spoon
asafoetida - 1/4 spoon
Slightly roast the above without oil and grind into fine powder. Pour 3 spoons of oil

in a fry pan and add some gram dal and whole red peppers and fry slightly. Add tamarind juice to this and bring it to boil.Add salt and heat with constant stirring until the mixture becomes thick. Now add the ground powder and stir constantly with heating until it becomes a non-sticky paste.Store in refrigerator.

81. 7-cup sweet

Milk - 1 cup
gram flour - 1 cup
Sugar - 3 cups
Grated coconut - 1 cup
Ghee - 1 cup
Mix well and heat in a fry pan until it becomes soft.

82. VenPongal

Mix rice and moong dal in the ratio 1:1.Add 3 times water and steam until it is overcooked.Cut green chillies and ginger into fine pieces.Take some ghee in a fry pan and add whole black peppers, and cumun seeds.When the peppers burst add chillie and ginger pieces and a pinch of turmeric powder.Add some cashewnuts and remove the pan when the cashews are roasted and begin to smell.Add this to cooked dal-rice.Add salt, curry leaves and mix well.Add some ghee while serving.

83. Lime pickle

Fresh lime(large size, thin skin, ripe) - 6
Cut into medium pieces.(Preseve the juice while cutting).Add salt - 4 spoons,red chilli powder - 4 spoons, asafoetida - 1/2 spoon and mix well.
Next day add 1/4 cup of sesame oil and leave it aside.
Next day, add mustard seeds to 4 spoons of oil and when it splatters add fenugreek seeds and asafoetida.Add this to the poickle and mix.Store in refrigerator.

84. Ginger Pickle

Grate ginger finely.Take oil and add mustard seeds.When it splatters, add fenugreek seed powder an asafoetida.Add grated ginger and fry well till the moisture is gone and it becomes a non-sticky paste.

85. Coriander-tomato chutney

Fresh coriander leaves(cilantro/parsley) - 1 cup
Tomato - 1 large
Grated coconut - 1/2 cup
green chillies - 2
tamarind - a pinch
Salt - to taste
Wash fresh coriander leaves and pick the leaves from the stem.Cut the tomato into medium sized pieces.Add the other ingredients and grind it in the blender into

a thick paste.
Heat 3 spoons oil in a fry pan, add mustard seeds.When it splatters, add urud dal.Add the ground paste and fry till the raw smell dissappears.

86. Paruppu podi

gram dal - 1
toor dal or Pottu kadalai - 1
whole red peppers - 5
Roast the above without oil, add salt and asafoetida and grind into a very fine powder.

87. Curd Vadai

Grind some grated coconut and green chillies into a thick paste.Add thnis to thick curd and keep it aside.
Rinse the required amount of urud dal(black gram) for about 1 1/2 hours.Grind into a thick paste. Add salt, coconut pieces, black whole peppers, and asafoetida.Take a small piece of plantain leaf or plastic sheet of paper and tap the flour on the sheet into a round flat shape Make a small hole in the middle so that it gets fried uniformly.Drop this carefuly into boiling oil and fry till it turns golden brown.
Put the vadai immediately in a vessel of water and after about 2 minutes add it to the curd mixtue.Add fresh coriander leaves, boondi.Splatter with mustard and asafoetida.

88. Vegetable Cutlet

Vegetables-Potato,Beans, Carrots,green peas,Beet Root(if preferred)
Steam the vegetables in a pressure cooker or a food steamer and mash them into a tight paste. Add grated onions, salt, red chilli powder, garam masala powder and ground cinnamon(a pinch).Knead the mixture tightly.
Take some rice flour and add water to make it into a slightly watery juice.Make the vegetable mixture into evenly sized balls and roll over the rice flour and then cover it with rawa.Deep fry the balls until they turn golden brown.
Side dish : Tomato ketchup

89. Rasam Powder

Whole black peppers - 1
Toor Dal - 1/2
Cumin seeds - 1/2
coriander seeds - 1/2
Slightly heat without adding oil in a fry pan and grind the above ingredients into a nice powder.

90. Sambar powder

Whole red peppers - 1/4 kg
Coriander seeds - 1/4 kg
Toor Dal - 200 g
Gram dal - 200 g
whole black peppers - 25 g
asafoetida - a pinch Dry the above ingredients and grind into a nice powder.

91. Bonda with mashed potato

Ingredients:
---
1 medium Onion
2 cups Potato buds
1 1/2 cup Peas and carrots
2 big ones Green chilies
1 teaspoon Lemon juice
1 cup Gram flour
1/2 tsp Mustard seed
pinch Turmeric
1/2 tsp Baking powder
1/4" piece Ginger
1 small bunch Coriander leaves
2 tsp Salt
Oil

Method:

The filling is prepared as follows:

Mix potato buds and 1/2 teaspoon of salt with 1 cup of hot water. Finely chop ginger, chilies, coriander leaves, and onion. Heat oil (about 5 Tbsp) and add mustard seeds. Add chopped ingredients and fry until onions are brown. Add carrots, peas, turmeric and 1 tsp of salt and cook on low heat for about 10 minutes. Add potato (now mashed) and fry for 5 minutes. Remove from heat, add lemon juice and let cool.

The batter is prepared as follows:

Combine gram flour, 3 Tbsp of oil, 3/4 cup water, 1/2 tsp salt, the baking powder and mix thoroughly

After the batter is prepared, make small balls out of the filling and roll them in the batter. Next fry it in hot oil. You will get about 20-30 small bondas.

92. Dahi Vada (Savory Balls In Yogurt)

Ingredients:

1/2 c Urad dal
1/2 Moong dal

1 c Yogurt
Spice to taste (cumin and paprika)
Oil for frying
1/4 c Milk

Method:

Clean dal, wash and soak in water for 4 hours. Blend in blender at medium speed using the minimum amount of water required to keep paste moving freely. Add salt and start heating oil.

Drop spoonfuls of batter in the hot oil using a large tablespoon. Fry until golden brown. Drop in water. Let it soak till ready to serve.

Beat yogurt with milk. Add spice according to taste. Squeeze out water from the vada and add yogurt. Serve.

93. VEGETABLE Kurma

Ingredients:
---
2 cups Vegetables
2 Onions cut length-wise
2 Green chilies cut length-wise
1 tsp Coriander powder
1 1/4 tsp Salt
one pinch Turmeric powder
1/2" Cinnamon stick
2 Cloves
2 Cardamom
2 tblsp Coconut powder
1 tsp Khus-Khus (poppy seeds)
1/4 tsp (3 cloves) Garlic
1/4 tsp powder (or 1/2" fresh) Ginger

Method:

Put a reasonable sized vessel on the range and heat oil. Add cinnamon, cloves and cardamom and fry for 2-3 minutes. Add onions and green chilies and fry till onions turn brown. Add garlic + ginger paste and fry for a minute or so. Add vegetables and fry for about 3 minutes. Add Water (about a cup or two). Let the vegetables + turmeric powder cook.

If you are using canned or frozen vegetables skip the above step.

Add coconut paste, khus-khus, salt and wait until cooked.
(Note: Cook on low heat.)

94. More Kozhambhu

Ingredients

Yogurt 32 oz.

Coriander seeds 2 tsp.
Cumin seeds 2 tsp.
Red Chili powder 1 tsp.
Chana Daal 1 tsp.
Rice or rice powder 1 tsp.
Coconut (grated) 2 tsp.
Salt 2 tsp.
Mustard 1 tsp.
Turmeric pinch
Red Chili 1

Preparation

Fry Coriander seeds, Cumin seeds, Chana Daal, Red Chili in a little oil.
Grind the mixture with the coconut and add to the beaten yogurt. Add turmeric and bring to a boil.
Stir in rice powder, and heat on low until consistent texture is achieved.
Heat oil and mustard seeds and add to the mixture.

95. Lemon Pickle

Ingredients

Lemons 6
Salt 5 tsp.
Chili powder 5 tsp.
Turmeric pinch
Hing 1 tsp.
Methi 1 tsp.
Oil 5 tbsp.

Preparation

Cut lemons into small pieces and remove the seeds. Add salt and keep for about 12 hours.
Add chili powder, turmeric, and methi.
Heat oil, mustard seeds, and asafoetida. Spread this mixture over the lemons.
Mix thoroughly.

96. Ras Malai

Ingredients

Ricotta Cheese 2 lb.
Half and Half 2 qts.
Sugar 2 cups
Cardamon pods 5
Bay leaf 1
Vanilla 1 tsp.
Rose Water To taste (opt.)

Preparation

Mix 1.5 cups of sugar with the Ricotta cheese and bake it in a 400o F oven for about 1hr and 15 minutes in a flat dish covered with aluminum foil. The cheese should have hard- ened and tumed a pale brown.
Thicken the Half and Half by simmering over low heat for a long time. This is best done in a microwave; if a

microwave is not available, do it over low heat and stir frequently. Thicken until the volume drops to around half of the origi- nal volume.
Add the remaining 0.5 cup sugar, cardamon pods, bay leaf, vanilla and rose water (and any other flavouring that you may want) to the Half and Half. Heat for a few minutes.
After the cheese has been baked, cut it into 1 inch squares and add to the hot thickened half and half. Cool for a few hours in the fridge.

97. Pulikacchal

Ingredients

Soaked tamarind about the size of a large lemon
1 1/2 tbspn jaggery
2 tbspns sesame seeds roasted dry
6-8 green chillies, slit into two (add more for spice)
2 inch ginger cut into thin strips
1 tspn mustard seeds
1 tspn chana dal
3-4 tbspns oil, preferably sesame
good pinch asafoetida
pinch turmeric
curry leaves

Preparation

Squeeze out the pulp from the tamarind. You can add a little fresh water each time to extract the pulp. When you have a about a small bowl full, set aside.
Warm oil, season with mustard seeds first. When they start to pop throw in red chillies, chana dal, asafoetida and curry leaves. When dal turns red, add the green chillies and fry. Throw in the ginger, add tamarind extract carefully, a pinch turmeric, salt to taste and jaggery. Simmer on low heat till raw smell disappears and the sauce has reduced to one-third or thickened yet spoonable.
Crush the roasted sesame seeds with a rolling pin on paper or in a spice mill rather coarsely. Add this at the end to the pulikacchal Mix well so there are no lumps.

98. Gotsu

Ingredients

One small to medium eggplant
1/2 tbsp tamarind paste or extract from a tamarind size marble, soaked
one large onion, chopped (if using little ones in a bag, about five)
2 ripe tomatoes, diced
6 hot green chilles, slit and cut into pieces
curry leaves
1 tspn mustard
1/2 tspn turmeric
garlic (optional)
salt to taste
3-4 tbspn oil

Preparation

Chop the eggplant into very tiny pieces. Heat oil, add mustard seeds, when popping add curry leaves, chillies,

onions and fry till onions become transcluscent. Add tomatoes and eggplant and fry for another five minutes. If using tamarind paste add a cup and half of water, or pour equal quantity of extract from fresh pulp. Throw in the turmeric, salt and garlic. Let it simmer for a while until eggplant becomes really soft and is barely able to retain its shape. Remove from heat.
Tomato-Onion Gotsu More tomatoes can be substituted instead of the eggplant for a tomato- onion gotsu. Add more chillies if necessary.

99. Katirikka Rasavangi

Ingredients

One Bhima eggplant(Brinjal)
1/2 tbsp tamarind paste
1 1/2 tspn coriander seeds
1 tspn chana dal
3-4 dried red chillies
4 tbsp coconut (dry will do but fresh is better)
1/2 cup cooked toovar dal (with turmeric)
1/2 tspn mustard seeds
a pinch asafoetida
curry leaves
A little oil for roasting and seasoning
salt to taste

Preparation

Cube eggplant. In about a cup of water dissolve the tamcon paste. Set on stove, add eggplant to tamarind water, a little turmeric, salt and let cook until eggplant is done but has not lost its shape.
In a pan with very little oil roast red chillies, coriander seeds, chana dal and asafoetida. When you can get the aroma of roasted coriander or the red chillies have turned a dark, dark red remove fromheat and let cool.
Throw into blender with coconut, add 3 tbsp water and grind slowly into paste. Add a little water if blade gets stuck. Remove from jar and wash it out with water and save this.
Mash cooked dal with a spoon until blended and add to cooked eggplant. Now add the coconut paste and its water. Keep on low heat till it starts to simmer a little. Take off heat.
Season with spluttering mustard seeds and curry leaves.
Variations: You can throw in a handful of chick peas from a can into this, thin it out somewhat and have it as katirikka sambar. Alternately, you can make the cooked dal with half toor and half chana dal, in which case you should not cook until mashed. Remove a trifle before it gets fully done.

100. Pitlai

Ingredients

2 med bitter gourds ("karela")
3/4 can chickpeas
1/2 cup cooked toovar dal
3 green chillies slit
1 1/2 tspn tamarind paste
3-4 red dry chillies
2 tspns urad dal
1 1/2 tspn coriander seeds
1/2 cup grated coconut
few peppercorns
a little jaggery or sugar

turmeric, salt to taste
mustard seeds, curry leaves, oil for seasoning

Preparation

Slit bitter gourd into four quarters and cut 1/2 inch thick pieces across.
In a little oil, saute cut bitter gourd and green chillies. Add 2 cups water, tamarind, turmeric and salt. Let simmer until bitter gourd are tender. Add chickpeas and jaggery/sugar.
While bitter gourd are cooking, in another pan sprinkle a little oil and fry coriander seeds, urad dal, red chillies and peppercorns until well roasted. Add coconut, stir a min or two and then grind in a blender. Add a little tomato paste if handy for color.
Blend in cocunut paste into the bitter gourd-tamarind mixture. Add the dal. Mix well and reheat a till it begins to simmer. Take off stove.
Pour seasoning on top.

101. Erucheri

Ingredients

2 plaintanos
1 1/2 cups fresh coconut
crushed black pepper
turmeric, salt to taste.
mustard, 1 red chilli, urad dal, curry leaves, oil for seasoning

Preparation

Peel plaintanos and cut into small pieces after slitting lengthwise into quarters.
Cook with water well above level of veggies, salt turmeric and pepper added on low heat until plantanos get really done. Takes about 25 mins or so. Grind half the fresh coconut and add to cooked plaintanos.
In a separate pan season with mustard, urad dal, curry leaves and fry remaining grated coconut until a reddish brown. Pour this onto the plaintainos and ericheri is ready.

102. Venn pongal

Ingredients

2 cups rice 3/4 cup mung dal,
dry roasted to a golden brown cracked black peppercorns
1 1/2 tspns lightly crushed cumin, turmeric,
salt to taste. A good bunch curry leaves
a little chopped ginger
5-6 tbspns ghee/melted butter turned brown
bunch cashews

Preparation

Wash rice and roasted dal. Add water to one inch above level of rice. Add turmeric and let it simmer. Add a little more water if not semi- solid. When done remove from heat.
Warm ghee and roast cashews until a golden, remove carefully and set aside. Throw in cumin seeds, cracked pepper, curry leaves into the ghee and in a minute or two pour int onto the pongal with the cashews. Add the ginger. Mix well.

103. Badusha

Ingredients

2 cups bisquick, sour cream, 2 cups sugar, 1 cup water

Preparation

Make one thread consistency syrup with sugar and water.
Make a dough with bisquick and sour cream. Roll it into balls and flatten slightly. Score a circle on the patty with a knife or small cap.
Deep fry in crisco or oil on low fire till a med brown.
Dip in syrup by pushing it deep down, remove and set aside. Can place a walnut or pecan in the center immediately after dipping.

104. Dum Alu

potatoes
coriander seeds
cumin seeds
cloves
peppercorns
cardamom pods
oil
water
clili powder
kelonji (onion seeds)
coriander leaves
green chili
pinch of nutmeg powder
pinch of mace powder
cinnamon

Boil and fry potatoes till golden brown. Grind coriander seeds and cumin seeds and set aside. Then grind cloves, peppercorns and cardamom seeds and set aside. Fry everything in oil and then add water and potatoes till tender, then add the other things.

105. Haaq

spinach
crushed fennel seeds (sounf)
ginger
heeng
dried red chilies
green chilies

dry roast the ginger and fennel seeds and remove. In oil sprinkle heeng and add red chilies and then green chilies. Add fennel seeds and ginger and fry. Add spinach and cook covered.

106. Simla mirch sabzi

green peppers
oil
onions
ginger
garlic
coriander powder
turmeric
chili powder
tomatoes
garam masala

cut big pieces of peppers. In oil fry onions, add ginger and garlic. Add coriander powder, turmeric, garam masala, chili powder and then add tomatoes. Then add peppers ,cover and cook.

107. Tomato Chutney

Ingredients
2 medium tomatoes, choppped
1/2 tsp hing(asoefetida)
1 tsp mustard seeds
1/2 tsp methi(fenugreek) seeds
1 tablespoon coconut, shredded
3 tsp red chilli powder
1 tsp dhania (coriander) powder
1/2 tsp turmeric powder
1 very small ball of tamarind , de-seeded
1 small onion, minced finely
2 clovettes of garlic, minced finely
Salt to taste
3 tablespoons oil for frying

Method
Heat 1/2 the amount of oil and add the methi.
Fry for a minute and then add the tomatoes.
Fry till the tomatoes turn soft.
Blend this into a smooth paste, along with the tamarind and the coconut.
Set aside.
Heat the rest of the oil and add the chopped garlic and onion.
Fry till the onion turns translucent and the garlic browns.
Now add the spices(red chilli, turmeric and dhania) and fry for half a minute.
Add the blended paste, salt and hing and heat through.
Goes very well with plain rice or chapati.

108. Mint Chutney

Ingredients
1 bunch mint leaves, washed and chopped
1 small onion, chopped
3-4 cloves garlic, crushed
1 small piece ginger, sliced
4-5 green chillies, chopped
1 tsp coconut(optional), shredded

2-3 tsp lemon juice
1 tsp cumin seeds or powder
1 tsp urad dhal
1 tsp channa dal
Salt to taste

Method
Fry all these in a little oil, one by one.
Blend to a smooth paste using a little water.

109. Coconut Chutney

Ingredients
2 cups of fresh coconut, shredded
10 dry red chillies
1 sprig curry leaves
A large pinch of hing (asoefetida)
1/2 tsp methi(fenugreek) seeds
2 tsp udad dhal
2 tsp channa dhal
1 small tomato
Salt to taste

Method
Heat some oil and add the dhals, curry leaves, hing, methi and red chillies.
Fry till done.
Add this to the coconut and tomato and blend into a smooth paste.
Add salt to taste.
Goes well with dosas, idli and plain rice.

110. Coriander Chutney

Ingredients
1 bunch coriander leaves
2-3 tbsp coconut
2 green chillies
2-3 dry red chillies, roasted
A small piece ginger
2-3 garlic flakes
1 small onion
Juice of 1/2 a lemon
Salt to taste

Method
Blend all the above to a smooth paste
adding a little water.
Can be refrigerated for about 1-2 days.

111. Moolangi Chutney

Ingredients
1 1/2 cups of grated white radish
5-6 tbsp scraped fresh coconut
3 green chillies
1 tsp dalia (Hurugadle)
5-6 garlic flakes, crushed
3-4 peppercorns
1 small piece ginger
1 tsp tamarind juice
Salt to taste
1 tbsp cooking oil
1/2 tsp mustard seeds
1 sprig curry leaves

Method
Blend together the coconut, tamarind, peppercorns, dalia, green chillies and the ginger.
When it's almost smooth in texture, add the garlic, salt to taste and the grated radish.
Run the blender for about 3-4 secs.
The radish and garlic should be about a qarter mashed up.
Remove from the blender and season with mustard seeds and curry leaves.

112. Pinapple Gojju

Ingredients
For masala:
2 tablespoons coconut
5-6 green chillies
4-5 red chillies
1/2 tsp methi seeds
1 tsp jeera
2 tsp coriander seeds
1 small bunch coriander leaves
1/2 tsp saunf
1 clove
2-3 peppercorns

1/2 can of chopped pineapple
1 tsp mustard seeds
1/2 sprig curry leaves
A pinch of hing (asoefetida)
1/2 tsp turmeric powder
1/2 tsp red chilli powder(optional)

Method
Fry all the masala ingredients in a little oil, drain and blend into a smooth paste.Set aside.
Open a small can of cubed pineapple and drain the juice from the fruit.
Heat 4 tsp oil and add the mustard seeds.
When they crackle add crushed curry leaves and hing.
Immediately add turmeric and fry for half a minute.
Now add the fruit pieces and fry for 5 minutes.
Add the red chilli powder and fry.
Now add the ground paste and a little water.

Add salt to taste and take it from the fire when the mixture comes to a boil

113.

114. Bittergourd Gojju

Ingredients
2 medium sized bittergourds
1 tsp mustard seeds
1 sprig curry leaves
1 onion, minced
3-4 garlic cloves minced
2 tsp red chilli powder
1 tsp cumin powder
1/2 tsp turmeric powder
1 tsp dhania powder
2 tsp sambhar powder
2 tsp shredded coconut
1 tsp methi(fenugreek) seeds, roasted and powdered
2 tsps white sesame seeds, roasted and powdered
2 tablespoon jagggery melted or 2 tsp sugar
Juice of a small ball of tamarind
A pinch of hing
Salt to taste

Method
Scrape the skin of the gourds till smooth and wash them.
Cut lengthwise and remove the seeds.
Cut them into large half-rounds.
Smear salt on them and place a heavy weight on them.
This method is used to reduce the bitterness of the vegetable.
Set aside for 1/2 hr.
Fry in 3 tsp oil till well browned.
Drain and set aside.
Heat about 3 tsp oil and add the mustard and curry leaves.
When the mustard crackles, add the minced onion and garlic.
Fry till done.
Now add all the raw dry powders and fry for 2 minutes.
Now add the shrdded coconut and keep frying for 2 more minutes.
Add the fenugreek and sesame powders and mix well.
Add the fried gourd, jaggery and tamarind.
Add salt to taste and enough water to cover the vegetable.
Bring to a boil and reduce heat.
Cook till the gavy thickens and you get a gojju consistency.
Remove from heat and add the hing.
Mix well and serve like a chutney with plain rice/dosa/chapati.

115. Bhindi Gojju

Ingredients
1 lb bhendi (okra), cut into thin rounds.
3 cups of buttermilk(or diluted yoghurt)
1 tsp mustard seeds

A small piece of ginger, crushed finely(optional)
3-4 green chillies chopped finely
1 sprig curry leaves
A pinch of hing
Salt to taste

Method
Apply salt to the bhendi and deep fry in hot oil till dark brown and set aside.
Heat 2 tsp oil and add the mustard seeds, ginger, green chilles, curry leaves and the hing.
Fry till the mustard starts crackling.
Add the fried bhendi and stir for 2 minutes.
Take it from the fire.
Add the buttermilk and salt to taste(remember that the okra is already salted).Mix well.
Add some water if the gojju is too thick.
Eat with plain rice and dal.

116. Sweet Mango Chutney

Ingredients
3 large mangoes, peeled and cut into chunks
(Use slightly ripened ones)
2 tsp sugar or jaggery
1 tsp lime juice
5 large dates, pitted
1 tsp cumin seeds, roasted
1/2 tsp coriander seeds, roasted
Salt to taste
2 tsp cooking oil

Method
Peel the mango and cut it into small chunks.
Heat about 2 tsp oil in a pan and fry the chunks
till they turn mushy.
Drain, mash well and set aside to cool.
Blend together the rest of the ingredients with
the mango without adding any water, to a smooth
paste.
Adjust salt if needed.
Remove from blender and store in an
airtight container.
This chutney keeps well for over a week
when properly stored in the fridge.

117. Hot Mango Chutney

Ingredients
3 large sweet mangoes, slightly ripened
1 tsp lemon rind, minced finely
1 tsp lemon juice
10 green chillies
1/2" piece ginger, minced finely
1 tsp cumin seeds
1/2 tsp saunf (fennel) seeds
1 tsp coriander seeds
1/4 tsp methi (fenugreek) seeds

1 tsp mustard seeds
A pinch of hing (asoefetida)
Salt to taste
6 tsp cooking oil

Method
Peel the mango and cut it into small chunks.
Heat about 2 tsp oil in a pan and fry the chunks
till they turn mushy.
Drain, mash well and set aside.
Roast the methi, saunf, cumin and coriander
seeds and crush coarsely using a mortar and pestle.
This is how powders are traditionally made.
But if you are of the impatient kind, go ahead
and use the coffee grinder but make sure
that the powder is a little coarse.
Set aside.
Heat the remaining oil and add the hing and mustard.
When the mustard crackles, add the ginger and
green chillies and fry for about 1-2 minutes.
Add the mango, powdered masala, salt to
taste, lime rinds and lime juice.
Bring to a boil on a low flame.
Remove from heat and let it cool to room temperature.
Store in an airtight container.
If boiled and cooled well, since no water is used in
making this dish, it should keep well for more than a
week.
Store it in airtight containers in the fridge.

118. Puli Inji

Ingredients
2" piece of ginger
2 large balls of tamarind
12 cloves of garlic
3 red chillies
3 green chillies
1/2 tsp methi (fenugreek) seeds, roasted finely
1 tsp mustard seeds, for seasoning
1 tsp cumin seeds
A small piece of jaggery
Salt to taste

Method
Roast the cumin seeds lightly and powder to a fine paste
with the red chillies and half the fenugreek and garlic.
Chop the ginger, green chillies and remaining garlic.
Soak the tamarind in some hot water and extract the juice.
Put in the chopped ingredients and continue boiling.
In a pan, heat 3 tsp oil and add the mustard seeds and the
remaining fenugreek seeds.
When the mustard crackles, add the ground masala and fry
till the masala turns color.
Put in the chopped ingredients, jaggery, salt to taste and tamarind juice.
Bring to a boil and boil till the juice is thick.
Bottle when cool.

Should keep for about a week.

119. Mango Pachadi

Ingredients
1 large raw mango
1/2 cup coconut gratings, fresh
8 gren chillies, minced
A pinch of hing (asoefetida) dissolved in 2-3 tsp water
4 tsps salad oil
1/2 tsp red chilli powder
Salt to taste

For seasoning:
1/2 tsp mustard seeds
1 sprig curry leaves
1-2 tsp oil for seasoning

Method
Grate the mango and set aside.
Crush together the coconut, green chillies and salt.
Make the dressing by combining the green chillies, salt, red chilli powder, salad oil and coconut.
Mix the dressing with the grated mango.
Season with mustard and curry leaves.

120. Gobi Manchurian

Ingredients
1 small Cauliflower, cut into flowerets
2 tbsp garlic paste
2 tbsp ginger paste
2 tsp red chilli powder
1/2 tsp turmeric powder
2 tbsp green chilli paste
1/2 bunch coriander leaves, chopped finely
A pinch of saffron (or red coloring), dissolved in milk
2-3 green onions (scallions), chopped finely (If you cannot find green onions, you can substitute with white, ordinary onions)
1 1/2 teaspoon of garlic, chopped
2 tsp soya sauce
1 1/2 tablespoon of cornflour , dissolved in water
1 tablespoon chapati atta(wheat flour)
1/2 cup rice flour
1/2 tsp baking powder
1/2 cup of cornflour
Juice of 1/2 lemon
Salt to taste
Oil for deep frying the cauliflower
2 tablespoon oil for sauce

Method
In a large bowl,combine the chapati atta , rice flour,

1/2 cup cornflour,baking powder, salt, soy sauce,
1 tablespoon garlic/ginger paste, 1 tsp chilli powder,
turmeric powder and 1 tablespoon green chilli paste.
Mix well with water, till you get the consistency of
thin batter.
Dip the cauliflower flowerets in this batter and
deep fry in oil, drain and set aside.
In a open pan, add some oil and when it smokes
add the remaining garlic and ginger paste.
The minute it starts turning brown, add the chopped
onions and fry only till they start becoming
translucent.
Now add the chopped garlic and green chilli paste
and fry for a minute.
Add the soy souce and stir for a minute.
Bring down the heat and then add the cornflour-water
paste and the red coloring.
The mixture will start to thicken.....keep on stirring
on low heat and when the mixture turns thick enough,
add the chopped corainder leaves and stir for 20 seconds.
The leaves should not lose thier color.
Take this mixture from the heat and pour it onto the
fried caulilower.
If you desire, you can add the cauliflower when the
mixture is in the pan itself in the last stage.
But this will turn the cauliflower soggy..
It all depends on how you like to eat the
Cauliflower manchurian...soft or crispy...

121. Vegetable Pulao

Ingredients
3 cups of rice, boiled
A bunch of coriander leaves.
3-4 green chillies.
2 tsp of coconut, shredded
3 medium onions,sliced fine.
1/2 an onion, chopped.
A few sticks of cinammon, a few
cardommom seeds, a few cloves.
1 1/2 tsp red chilli powder.
salt to taste.
2 flakes garlic.
1 inch piece ginger.
Ghee or melted butter for frying.
1 cup of cauliflower flowerets.
Some mixed frozen vegetables like beans,
carrots and green peas.
3 tsbp ghee(clarified butter)

Method
Grind together the 1/2 onion, coconut, garlic, ginger
and coriander in the blender, to make a smooth paste.
Keep aside.
Fry the onions in a the ghee or melted butter.
Also add the cloves, cinnamon and cardommom.
When onions are browned properly, add the red chilli powder

and fry for 30-45 seconds.
Now add all the vegetables,including the cauliflower and
sprinkle some water on it.
Keep covered and cook on a low flame till the vegetables are cooked.
This might take approximately 15-20 minutes.
Keep sprinkling water periodically to speeden up the process,
but do not add excess water as it will ruin the pulao.
When the vegetables are done, transfer the vegeables to a
big mixing dish, add all the boiled rice, salt to taste
and the blended masala.
Mix thoroughly and then heat it either in a microwave or on
low heat on the cooking range.It is heated again to let
the salt spread across the dish.
Serve with Raita.

122. Peas Pulao

Ingredients
6 cups of cooked white basmati rice
1 1/2 cups of frozen green peas, thawed
1 small onion sliced
1 tsp jeera(cumin) seeds
3 garlic flakes, crushed finely
1 small piece of ginger, crushed finely
1-2 cloves
1 small piece cinnamon, broken into pieces
2-3 cardamoms
2 tablespoon ghee(clarified butter)
Salt to taste
2 tsps coriander leaves , chopped finely
1 tablespoon cashewnuts, chopped

Method
Heat the ghee in a non stick pan and add the
ginger-garlic paste.
When it browns, add the cardamoms, cinammon,
jeera, cloves and onions.
Fry till the onions turn transparent.
Now add the peas, cashewnuts and the coriander
leaves and mix well.
Cook on low heat till the peas are cooked.
Mix in the cooked rice and heat through.
Eat when hot with a vegetable or meat side dish.

123. Vaangi Baath

Ingredients
1 long purple brinjal(eggplant), cut into large pieces
1 1/2 cup raw rice, washed and cooked such that the
grains of rice remain seperate
5 red chillies
6 peppercorns
1/2 tsp turmeric
4 tbsp ghee(clarified butter)
4 cloves

Salt to taste
1 tsp urad dal
1" cinammon
1 1/2 tsp coriander seeds
1/2 tsp cumin seeds
2 green chillies
1 tsp channa dal
1/2 tsp mustard seeds
1 tsp oil for frying the masala
1/2 cup sour buttermilk or 2 tsp lemon juice

Method
Fry in the 1 tsp oil 4 out of 5 red chillies, turmeric,cloves, cinammon, cumin, coriander and peppercorns.
Powder them using a coffee grinder and set aside.
Heat the ghee in a pan and add the mustard seeds, red chilli, green chillies, urad dal and channa dal.
When the seasoning is almost done, add the brinjal pieces and fry till the brinjal is done.
Now add the buttermilk and mix well.
Add the powdered masala and mix.
Add salt to taste.
Bring to a boil and remove.
Mix this with the cooked rice and heat through.
Serve hot.

124. Bisi Bela Huli Anna Powder

Ingredients
6 red chillies
1 tsp cumin seeds
1/2 tsp methi(fenugreek) seeds
1/2 tsp turmeric powder
3 tsp coriander seeds
4 cloves
2 pieces cinammon
2 tsp urad dal
1 tsp channa dal
1/2 tsp peppercorns
1/2 cup coconut gratings
Oil/ghee(clarified butter) for roasting

Method
Roast all the above ingredients one by one in a little oil or ghee and powder to a coarse powder in a coffee grinder.
Store in a airtight container.
Use as required for Bisi Bele Huli Anna(See "Rice Preparations" section)

125. Bisi Bela Huli Anna

Ingredients
1/2 cup toor dal
1 cups rice

1/2 cup thick tamarind juice
5 tsp Bisi Bhele Huli Anna powder(See "Pickles and Spice Mixes" section)
2 cups chopped vegetables(carrots, green beans, potatoes,etc)
4 green chillies, chopped
3 tbsp ghee(clarified butter)
1/2 tsp mustard seeds
2 tsp cashewnuts, chopped
1 sprig curry leaves
1 tsp channa dal
1 tsp urad dal
Salt to taste

Method
Wash the rice and toor dal together and cook under pressure with the chopped vegetables till completely done.
Add the tamarind juice to the above rice/dal/vegetables and mix well.
Mix in the bisi bhele huli anna powder.
Set aside.
Heat the ghee and add the mustard, green chillies, curry leaves, cashewnuts, urad dal and channa dal.
When the seasoning is ready,add it to the rice mixture and add salt to taste.

126. Puliyogare Mix

Ingredients
1 cup fresh shredded coconut
4 tsp coriander seeds
2 tsp peppercorns
A pinch of hing(asoefetida)
4 tsps peanuts, shelled and skinned
2 tsp mustard seeds
12 red chillies
4 tsps white sesame seeds
2 sprigs curry leaves
2 tsp urad dal(black gram dal)
1 tsp channa dal(bengal gram dal)
8 tsp oil or ghee
1 1/2 cups thick tamarind juice
1 small piece jaggery or 1 tsp sugar
2 tsp cumin seeds

Method
Roast the coconut and set aside.
Roast the coriander, cumin, 6 red chillies, 1 sprig curry leaves, pepper, asoefetida, 1 tsp mustard, 2 tsp sesame seeds, 1/2 tsp channa dal,1 tsp urad dal and 2 tsp peanuts one by one till they turn aromatic.
Powder to a fine powder using a coffee grinder and set aside.
Mix in the coconut gratings and powder once again.
Set aside.
Heat some oil and add the remaining musatard seeds, red chillies, urad dal, channa dal, peanuts,

sesame seeds and curry leaves.
When the seeds start crackling, add the tamarind juice and salt/jaggery. Mix well.
Add salt to taste.
The liquid will start boiling.
Now add the powdered masala and simmer till you get a sticky masala.
Heat through and cool.
This will keep well for a month in a airtight container if refrigerated.
Mix this with plain cooked rice to get puliyogare or tamarind rice.

127. Puliyogare

Ingredients
2 cups cooked white rice
2 tbsp Puliyogare Mix (See "Pickles and Spice Mixes" section)
Salt to taste
Tamarind juice for taste

Method
Mix the cooked rice with the Puliyogare mix.
Add salt to taste.
You can add extra tamarind juice and mix if you need the dish to be more sour.
Heat through and serve.

128. Cabbage Upkari

Ingredients
1 small cabbage, chopped finely
2 medium sized onions, chopped finely
1 tsp urad dal
1 tsp channa dal
5-6 dry red chillies
1 tsp mustard seeds
1 sprig curry leaves
2 tablespoon coconut, shredded
A pinch of hing
Salt to taste
2 tablespoon cooking oil

Method
Heat the oil and add the mustard, red chillies dals and curry leaves.
Fry till the mustard crackles.
Now add the onions and fry till the onions turn translucent and start turning brown.
Add the cabbage, salt to taste and some water and cover cooked on a small flame till the cabbage is done.
Add the shredded coconut and the hing and mix well.
Heat through and serve hot with rice and dal.

129. Aloo Dum

Ingredients
10 small potatoes
3 medium sized onions
2-3 tbsp shredded coconut
A small piece of ginger
4-5 green chilles
2-3 cardammom pods
1/2 cup yoghurt
1 tsp garam masala powder
1 tbsp poppy seeds
2 1/2 tsp dhania(coriander) powder
1/2 tsp cumin powder
1 tsp red chilli powder
1 tablespoon chopped coriander leaves
Salt to taste
Oil for deep frying the potatoes
2 tbsp cooking oil/ghee(clarified butter)

Method
Boil the potatoes. Peel them and prick the potatoes with a fork.
Fry the potatoes in hot oil till they turn slightly brown.
Drain and set aside.
Heat oil in a shallow pan and fry the onions to light brown.
Grind the coconut, poppy seeds, cardamon, ginger and green chillies to a paste.
Add the paste to the onions. Fry till the oil seperates.
Add chilli powder,cumin powder and dhania powder and
stir for 5 mins.
Add the yoghurt , salt and the fried potatoes.
Add enough water to cover the potatoes and simmer till
the gravy is thick for about 10 minutes.
Now add the garam masala powder and mix well.
Garnish with the chopped coriander leaves.
Eat with chapathi/nan.

130. Avial

Ingredients
2 cups of cubed and boiled vegetables like:
beans
carrots
potatoes
drumsticks
raw bananas
cauliflower

Roast in a little oil one by one and blend to
a smooth paste:
2 tsp cumin seeds
2 tablespoons of coconut, shredded
4-5 green chillies

3/4 packet buttermilk
A pinch of turmeric

Salt to taste
3 tsp cooking oil for seasoning
1 tablespoon fresh coriander leaves, chopped finely

Method
Add the salt, turmeric and the coconut paste to the buttermilk.Add the boiled vegetables.
Heat on a low flame till the buttermilk mixture reaches a thick texture.Keep stirring continously.
Now add the chopped coriander leaves.
Season with mustard, curry leaves, hing , cumin and red chillies in hot oil.
Heat hot with plain rice.

131. Bharva Bhindi

Ingredients
1 lb Bhendi, washed
1 large onion , sliced finely
1/2 tsp cumin seeds
3 tbsp cooking oil
1 tsp lemon juice

For stuffing:
1 1/2 tsp red chili pwd
1 tsp amchoor
1 tsp cumin seeds
1/2 tsp saunf(fennel)
2 tsp dhania pwd
1 tsp garam masala
1/4 tsp turmeric
Salt to taste

Method
Make one slit on each bhendi and set side.
Heat 1 tbsp of the oil and fry the stuffing masala till well browned. Not more than a minute.
Stuff each bhendi with this masala and keep the remaining aside.
Heat the remaining oil, add the cumin seeds and when they splutter add the sliced onions.
When the onions start browning, add the remaining masala and the bhendi pieces.
Sprinkle some water and salt and cook covered on a low flame for 30 minutes.
Keep turning occassionally.
When the bhendi is done, take off the stovetop and sprinkle the lemon juice.Mix well.
Serve hot with chapati/rice and dal.

132. Bharwa Bhaingan

Ingredients
8-10 small rounded firm brinjals(Eggplant)
3 medium onions , chopped and roasted

3 tbsp. roasted groundnuts powdered coarsely
3 tbsp. grated fresh coconut, roasted
1 tsp cloves, roasted
2 tsp red chilli powder, roasted
2 tsp dhania-jeera(coriander-cumin seed mixture), roasted and powdered
1 small bunch coriander leaves, chopped and roasted
salt to taste
2-3 tbsp. oil
1/2 tsp each mustard and cumin seeds
1/2 cup curds(plain unflavored yoghurt)

Method
Wash and the clean brinjals. Make 2 slits to form a cross.
Rub them with some curd and salt and set aside.
Mix all the roasted masala in the blender with some curd to make a smooth filling. Stuff some of this mixture into each slit of the brinjals.
Heat oil in a heavy or non-stick pan, add the mustard, cumin seeds wait to splutter, slide in the brinjals slowly.
Any mixture which is remaining can be now added to cover the vegetable.
Add some water.
Simmer till the vegetable is tender and done.

133. Bhaingan Bhartha

Ingredients
1 large eggplant
1 medium onion, finely chopped
1/2 cup chopped coriander leaves
2 tomatoes, chopped finely
4 green chillies, chopped finely
1 cup cooked green peas
1 1/2 tsp dhania-jeera (cumin-corainder) powder
1 1/2 tsp red chilli powder
1/2 tsp turmeric powder
1/2 tsp amchoor(mango powder)
Salt to taste
1 tsp sugar
3 tbsp cooking oil

Method
Rub 1/2 tsp oil on the eggplant and bake in an oven till the skin shrinks and liquid starts oozing out of the vegetable.
This will take around 30-45 minutes at 400 deg F.
Take it out of the oven and peel it.
Mash the baigan and add the salt to it.

Heat the remaining oil and add the chopped onion.
Fry till the onions turns translucent.
Add the green chillies and the tomatoes and fry till the mixture becomes homogeneous.
Now add all the spices and the sugar and fry for a minute.
Add the baigan and mix well.
Now add the peas and fry for a couple of minutes.
Add the chopped coriander leaves and some water to get

a thick consistency.Mix well.
Heat through.
Serve when hot with plain rice/paratha.

134. Malai Kofta

Ingredients
For the Kofta:
1 1/2 lb. potatoes
2 heaped tablespoons each of crumbled paneer,
khoya and thick malai(You can substitute this with
baked ricotta cheese and heavy cream)
4-5 cashewnuts chopped
1 tablespoon raisins
2-3 finely chopped green chillies
1/4 tsp sugar
1 tsp coriander powder
1 tsp cumin powder
1 tsp red-chilli powder
1/2 tsp cardammom powder
Salt to Taste
3 tbsp cooking oil/ghee(clarified butter)
Oil for frying the koftas

For the gravy:
2 medium onions,chopped
3 flakes garlic,crushed
1 inch ginger,crushed
3 large tomatoes,pureed
1 tsp red-chilli powder
1/2 tsp garam masala powder
1/2 tsp dhania(corainder) powder
1/2 tsp cumin powder
2 tsp powdered poppy seeds
1/2 tsp sugar
1 tbsp ground peanuts/cashewnuts

Method
Boil the potatoes till tender.
Peel, mash and add salt to taste.
Keep aside.
Mix all the other ingredients for the
kofta into a paste.
Make rounds of the potato dough and place a
little of the prepared mixture in the center
of each round.
Seal the edges and shape into stuffed rounds.
Deep fry each kofta till golden brown.
Drain and keep aside.
Blend together the onions, ginger, garlic and the
poppy seeds and fry in 3 tbsp of oil till brown
and the oil begins to seperate.
Add the pureed tomatoes and the masala powders.
Add the sugar and the ground peanuts.
The gravy will begin to thicken.
You can also add some malai to thicken it some more.
Mix in some water if necessary.

When the gravy comes to a boil, add the koftas.
Heat through and serve.
The koftas should be put in just before eating
the dish or else they will turn soggy.

135. Home-made Paneer

Ingredients
5 cups of whole milk
2 tsps vinegar

Method
Boil the milk in a open pan.
When it's boiling, add the vinegar and wait
for the milk to curdle completely.
Take it off the fire and let it sit for 10 minutes.
Pour it onto a cotton/muslin cloth and tie it with a
tight knot.
When all the water is drained from the paneer,shape it into a
large rectangular block,transfer it into another piece
of paper/cloth, wrap it properly and refrigerate it overnight.
Cut into cubes and deep fry in hot oil.
Drain and store in the frezer.

136. Rasmalai

Ingredients
32 oz ricotta cheese(or an equivalent amt of
freshly made Paneer)
10 oz powdered Confectioner's sugar
2 small packets Half and Half
1 tsp powdered cardamom
1/2 tsp rose water
2 tsp slivered almonds
2 tsp chopped pistachios
6 cups water
3 cups sugar

Method
If you are using the Ricotta cheese,
mix together the confectioner's sugar and cheese.
Spread on a baking dish and bake in a moderate
oven for about 1 1/2 hrs till the cheese turns
light brown and loses all moisture.
Take it out and let it cool.
When cool, shape into small flat balls.
If you are using paneer, mix the paneer and sugar and
shape it into flat balls.
Bring the water and sugar to a boil to
yield sugar syrup.The syrup should not be too
thick.
Insert the balls one by one in the syrup and
warm themup. They should become spongy.
In the meantime, boil the half and half with
the rose water.

Set aside.
Add the cardamom and nuts to the half and half.
Mix well.
Add the cooked balls to the half and half.
Let it stay immersed for about 1 hr.
You can either chill it or serve it at room temperature.

137. Coconut Laddoo

Ingredients
1 can condensed milk
2 cups of dessicated coconut
1 tablespoon sugar

Method
Mix the condensed milk and the coconut in a bowl.
Add the sugar and stir on a low flame for about 4 minutes.
Set aside till the mixture has slightly cooled down.
Shape into laddoos(small round balls).
Roll each laddoo in a little dessicated coconut.
Store in airtight jars.

138. Kaju Bharfi

Ingredients
2 cups of cashewnuts soaked in water for 2 hours
1 cup powdered sugar
1 tbsp. ghee
1/2 tsp. cardamom powder
silver foil (optional)

Method
Drain and blend the cashews to a fine paste.
Use as little water as possible when blending.
In a heavy saucepan put sugar and paste.
Cook on slow to medium heat.
Cook stirring continuously till a soft lump is formed.
Add ghee and cardamom powder and mix well.
Spread on a clean greased worksurface.
Roll lightly with a rolling pin, to 1/8" thickness.
Apply the silver foil.
Cool, cut into diamond shaped burfis.

139. Sweet Pongal

Ingredients
1 cup raw rice
1/2 cup green gram dhal
1 cup milk
2 1/2 cups water
3 cups jaggery powdered
4 tbsp ghee

2 tbsp cashewnuts
2 tbsp raisins
5 cardamoms powdered
2 cloves powdered
1 small piece nutmeg grated or powdered
A pinch of saffron

Method
Roast dry the green gram dhal for a couple of minutes.
Cook the rice and green gram dhal with 2 1/2 cups of water and 1 cup milk in the microwave and set aside.
Dissolve the jaggery in 3/4 cup water and cook on a low heat till the jaggery melts.
Strain the jaggery to remove the dirt.
Put the syrup once more on the heat and stir till it becomes slightly sticky.
Add the cooked rice and dhal.
Heat the 4 tbsp ghee.
Fry the cashewnuts and raisins and add to the pongal.
Add the powdered cardamoms,cloves nutmeg and saffron.
Mix well.
Serve hot.

140. Rava Laddoo

Ingredients
1 1/2 cups rava(semolina)
1 1/2 cups sugar
1/2 cup ghee(clarified butter)
4-5 cardamoms , powdered
2 tbsp cashewnuts cut into very small pieces
2 tbsp raisins.

Roast the rava in the 2 tbsp ghee till light golden in colour.
Mix the sugar,roasted rava and cardamom and powder fine in a dry grinder.
Heat the remaining ghee,fry the cashewnuts and raisins.
Add to the rava-sugar mixture.
Shape into tight laddoos(small round balls).
The laddus can be stored in an airtight container for a few days.

141. Kalakand

Ingredients
10 oz powdered milk
10 oz confectioners white sugar
16 oz ricotta cheese(a small container of the cheese will do)
2 tsp sliced almonds and chopped cashewnuts

Method
Mix the three together to get a creamy paste.

Put the mixture in a microwaveable dish and
cook on low heat in the microwave for about an hour.
Transfer to a open flat dish and top with sliced
almonds and cashewnuts.
Eat when cooled down to room temperature.

If you use low-fat cheese and milk and cut down on
the sugar, you have a very low-calorie delicious
and nutritious dessert.

142. Mango Shrikand

Ingredients
1 16 oz container plain unflavoured yoghurt (or home-made curds)
1/2 cup sugar
8 oz mango pulp
1/2 tsp cardammom powder
1 tsp sliced pistachios
1/2 tbsp mixed dryfruits

Method
Whip together the sugar and yoghurt till smooth and
creamy.
Strain the mixture through a muslin cloth to remove all liquid.
Strain the mango pulp in a similar way to remove most of the liquid.
Mix in the strained mango pulp and the cardamom powder.
Pour into a large container and chill in the
refridgerator for about 3-4 hrs.
Serve in individual dessert bowls topped with pistachios
and dry fruits.
This will serve 2 people.

143. Hot and Sour Tomato Pickle

Ingredients
1 lb. green tomatoes(Red ones can be used too)
15-20 red chillies
1 cup chopped ginger
1 cup chopped garlic
2 cups vinegar
1 tsp turmeric
1 tbsp mustard seeds
1 tsp fenugreek
1 1/2 cups oil
Salt to taste

Method
Slice the tomaotes, smear turmeric and salt on them
and soak them in 1 cup vinegar.Leave for about 2 hours.
Blend together the garlic, ginger, red chillies and
3/4 of the mustard, with a little vinegar.
Heat the oil and add the remaining mustard.
When the mustard crackles, add the fenugreek.
Fry for 2 minutes and then add the blended mixture
and fry well for over 20 minutes.

Add the tomatoes and the remaining vinegar.
Stir continuously as the mixture comes to a boil.
When the pickle is almost done, the oil begins to float at the top.
Take it off the heat and let it cool.
Store in a clean bottle.
Will keep for a year.

144. Rasam Powder

Ingredients
1 tbsp toor dal
5-6 dry red chillies
1/2 tbsp cumin seeds
1 tbsp coriander seeds
1 tsp peppercorns
1 tsp dry curry leaves
Ghee(clarified butter) for roasting

Method
Roast each of the above till they turn aromatic.
Powder to a fine powder using a coffee grinder and use as required.
This will keep well for months in a airtight container.
You can make a larger quantity of this by using the above ingredients in the same ratio.

145. Garam Masala Powder

Ingredients
4 cloves
4-5 cinnamon sticks
1 tsp cumin seeds
1 tsp coriander seeds
7 peppercorns
1 bayleaf
Ghee(clarified butter)

Method
Roast each of the above till they turn aromatic.
Powder to a fine powder using a coffee grinder and use as required.
This will keep well for months in a airtight container.
You can make a larger quantity of this by using the above ingredients in the same ratio.

146. Tandoori Masala Powder

Ingredients
4 tsp ground coriander
3 tsp ground cummin

4 tsp garlic powder
4 tsp paprika
3 tsp ground ginger
2 tsp mango powder
1 tsp dried mint
3 tsp deep red coloring
1 tsp chilli powder
1 tsp yellow colouring)

Method
Mix all together and store.
The coriander and cumin powders must be freshly ground.
Use as required.
This will keep for months if stored in an airtight container.

147. Pepper Rasam

Ingredients
1 small tomato, chopped into small cubes
1 1/2 tsp peppercorns
1 tsp cumin seeds
1 tsp mustard seeds
1 sprig curry leaves
2 tsp thick tamarind juice
1/2 tsp sugar or jaggery water
1 tsp chopped coriander leaves
A pinch of hing(asoefetida)
Salt to taste
2 tsp ghee(clarified butter)
6 cups of water

Method
Powder the peppercorns in a peppermill or coffee grinder to get a very coarse powder.
Mix together the water, tomato, pepper,salt sugar(jaggery) and tamarind juice.
Bring it to a boil on a low flame.
Season with mustard, hing, curry leaves and cumin in ghee.
Garnish with chopped coriander.
Eat when hot with plain rice.

148. Morkhozumbu

Ingredients
5 cups of buttermilk
4-5 green chillies, slit
1 1/2 tsp cumin seeds
2 tsp coriander seeds
1 tsp turmeric powder
2-3 tablespoons coconut, shredded
Salt to taste
1 tsp mustard seeds
1 sprig of curry leaves

Oil for seasoning
Water for diluting the buttermilk if needed

Method
Add 1/2 tsp of turmeric to the buttermilk and mix well.
Add water if the buttermilk is too thick.
Add salt and heat on a low flame till the buttermilk
reaches room temperature.
Take it from the fire and set aside.
Roast in a little oil, one by one, the coconut,
the remaining turmeric,jeera, coriander and green chillies.
Blend to a smooth paste.
Add this coconut paste to the warm buttermilk,
put it back on the stove and heat for approximately
4-5 minutes.
Season it with mustard seeds and curry leaves.
Delicious when eaten with hot plain rice.
Cannot be re-heated on direct fire.

149. Pitla

Ingredients
3 tablespoons besan (bengal gram flour)
1/2 tsp hing(asoefetida)
1 medium tomato chopped finely
1 tablespoon chopped coriander leaves
1 sprig curry leaves
1/2 tsp mustard seeds
1 small onion, chopped finely
1 tsp roasted cumin-coriander powder
1 tablespoon lemon juice/tamarind juice
1 tsp red chilli powder
1/2 tsp turmeric powder
Salt to taste

Method
Fry the besan in a little oil till it turns light brown.
Set aside.
Heat some oil and add the mustard and curry leaves.
When they crackle, add the onions and fry till they turn brown.
Add the cumin-dhania, red chili and turmeric and fry for a minute.
Now add the besan and keep frying for 2 minutes.
Add the tomatoes and the coriander and some water to get
a liquid consistency.
Add salt to taste.
Now add the lime/tamarind juice and heat through
till it boils.
Add hing and serve hot with chapatis or white rice.

150. Majjige Huli

Ingredients
5 cups buttermilk
1/2 lb. green beans
7-8 green chillies

1 cup fresh coconut, shredded
1 tsp mustard seeds
1/2 tsp cumin seeds
1 sprig curry leaves
2 tsp oil for seasoning

Method
Cut the beans into longish pieces.
Boil in a little water till done.
Drain and set aside.
Blend together the coconut and green chillies.
Add this paste to the buttermilk and mix well.
Add the beans and salt to taste.
Dilute with some water if needed.
Bring to a boil on a low flame.
Season with mustard, cumin and curry leaves.

Other vegetables like eggplant,cucumber,cayote etc can also be used for this preparation.

151. Dhal Makhani

Ingredients
1 1/2 cups toor dal, washed and drained
2 tomatoes, medium sized, cut into large pieces
A pinch of turmeric powder
2 tsp coriander leaves, chopped

For seasoning:
1 small onion, chopped
A pinch of hing
1 tsp red chilli powder
1/2 tsp turmeric powder
1 tsp dhania powder
4-5 green chillies, chopped
1 sprig curry leaves
1 tsp cumin seeds
1 tsp mustard seeds
1/2 stick butter
Salt to taste

Method
Boil the dal and tomatoes with a pinch of turmeric powder and 1 cup water till the dal is soft.
Add salt to taste.
Set aside.
In a saucepan, prepare the seasoning by heating the butter.
Add the cumin and mustard.
When the cumin is slightly fried, add all the other seasoning ingredients except the red chilli, turmeric and dhania.
Fry till the onion starts turning color.
Now add the powders and fry for a minute.
Remove from heat and add the boiled dal/tomato to this.
Add the chopped coriander leaves.
Mix well.
Adjust the salt if necessary.
Add 1 cup of water.

Bring it to a boil and remove.
Serve hot with rotis or plain rice.

152. Dhokla

Gram flour	200gms.
Curd (yogurt)	1 cup
Chopped green chili	1 tbsp.
Turmeric powder	1/2 tsp.
Mustard seeds	1 tsp.
Chopped ginger	1 tbsp.
Soda bi-carb	1 tsp.
Chopped green coriander	1 tbsp.
Fresh grated coconut	½ cup
Lemon	1 no.
Oil	2 tbsp.
Salt	As per taste

1.Take gram flour in a bowl. Add beaten Yogurt and warm water. Whisk well to remove all lumps. The mixture should have a thick consistency. Add salt and cover it and leave it to ferment for 3-4 hours.

2. Make a paste of ginger and green chilies.

3. Add this paste to the fermented mixture. Add turmeric powder and correct seasoning.

4. Keep the steamer ready on the flame.

5. Grease a dhokla mold or a shallow cake tin with a little oil. In a small bowl take one teaspoon of soda bi-carb, 1 teaspoon oil and juice of 1 lemon. Mix well and add this to the Gram flour mixture.

6. Pour the batter into the greased mold and steam for 10-12 minutes.

7. Cool for sometime. Cut into squares and arrange in a serving platter/bowl.

8. Heat oil in a small pan. Add mustard seeds. When the seeds begin to crackle, remove and pour over the dhoklas.

9. Serve garnished with chopped green coriander leaves and grated coconut.

153. Medu Vada

White urad dal	1 Cup
Crushed black peppercorn	1 tsp.
Asafetida	¼ cup
Cumin seeds	1 tsp.
Curry leaves	8-10 nos.
Oil for deep frying	- Salt

1. Wash and soak urad dal for 6 hours.

2. Grind into a fine paste.

3. Add salt, asafetida, curry leaves, cumin seeds and crushed peppercorns to the batter and mix well.

4. Heat oil in a Kadhai.

5. Wet your palms and take batter into the palms. Shape into a ball and make a hole with the thumb in the center like a doughnut. This is now called a vada.

6. Deep fry the vadas in medium hot oil until golden brown and crisp.

7. Serve hot with Sambhar and Coconut chutney.

154. Tomato Soup

Tomatoes	600 gms.
Chopped ginger	1 tbsp.
Chopped garlic	1 tbsp.
Whole garam masala	1 tbsp.
Bay leaf	2 no.
Chopped green coriander	1 tbsp.
Cumin seeds	1 tsp.
Sugar (optional)	1 tbsp.
Oil	1 tbsp.
Green chili	2 no.
Salt	As per taste

1. Wash and cut tomatoes into quarters

2. Cook tomatoes with chopped ginger, garlic, green chilies cut into two and Whole Garam masala. Add 5 cups of water and bayleaf. Bring to a boil.

3. Simmer for twenty minutes on a slow flame until tomatoes are mashed completely.

4. Strain the mixture with a soup strainer.

5. Heat oil in a pan. Add cumin seeds, let them crackle. Add strained tomato liquid and season with salt.

6. Bring it to a boil, add sugar if it is very sour.

7. Serve hot, garnished with chopped green coriander leaves.

155. Pudina Paratha

Whole meal flour	250 gms.
Mint leaves	1 cup
Oil	3 tbsp.
Salt	As per taste

1. Sieve flour.

2. Dry mint leaves on a hot griddle and then powder.

3. Mix flour, salt and mint powder, add water to make a semi hard dough.

4. Knead well, cover and keep aside for 10 minutes.

5. Divide into 8 equal portions,

6. Roll out each portion with a rolling pin to approximately six inch diameter.

7. Cook rolled portion (paratha) on a Tawa (griddle plate), on moderate heat for 3 minutes. Turn it and smear half a table spoon of oil on paratha. Repeat the same on the other side.

8. Cook on low heat till golden brown. Serve hot with Dal Pakhtooni or curry of your choice.

156. Lemon and Chilli pickle

Green chili	400 gms.
Mustard seeds	4 tbsp.
Turmeric powder	2 tsp.
Lime	12 no.
Oil	400 mls.
Salt	As per taste

1. Grind mustard seeds to a coarse powder.

2. Cut limes into eight pieces.

3. Slit green chilies and cut them into half inch long pieces.

4. Mix powdered mustard seeds, turmeric powder and salt with green chili and lime pieces.

5. Transfer this to a sterilized glass bottle or an earthenware jar. Pour oil on top and shake the bottle well.

Note: This pickle can be enjoyed within 5-6 days of preparation also.

157. Mango pickle

Raw mangoes	500 gms.
Fenugreek seeds	3 tbsp.
Fennel seeds	4 tbsp.
Red chili powder	2 tbsp.
Turmeric powder	2 tsp.
Mustard seeds	3 tbsp.
Mustard oil	350 mls.
Salt	As per taste

1. Cut raw mangoes into half, remove seed and then cut ¾th inch sized pieces.

2. Apply turmeric powder and salt, rub nicely and then keep it for half an hour. Drain out excess moisture.

3. Grind fenugreek seeds, fennel seeds and mustard seeds to a coarse

powder.

4. Heat mustard oil until smoking point, remove and let it cool.

5. Mix fenugreek seeds, fennel and mustard powder with red chili powder. Add half of the mustard oil to this mixture and rub this spice and oil mixture to the mango pieces. Mix thoroughly.

6. Put this into an earthenware jar and pour the remaining mustard oil. Cover the jar with a muslin cloth and keep it in the sun for 5-6 days.

7. Make sure you stir the contents o f the jar for the first two weeks at least once a day. This is to ensure that the mango pieces are always in contact with the oil.

Note: In most of the Indian pickles, salt and oil are used as preservatives.

158.

159. Rasmalai

Chhena	250 gms.
Flour	4 tbsp.
Sugar	1 kg.
Milk	2 ltrs.
Pistachio nuts	1 tbsp.

1. Knead and mash Chhena, add 2 tablespoons flour and make a dough.

2. Divide it into 12 equal portions, make balls and press between your palms to flatten them. Keep aside.

3. Dissolve 500 gms. sugar in the same quantity of water, bring it to a boil and add rest of the flour dissolved in water.

4. Now add the dough portions (rasmalai) in it and cook over a high flame for 10 minutes. Add half a cup of water and again bring it to a boil. Cook for another 3 minutes.

5. Remove them and keep in a thin sugar syrup prepared from 250 gms of sugar and 500 mls. of water.

6. Now take milk in a heavy bottomed pan, bring it to a boil, reduce the flame, stir continuously. Simmer until it is reduced to a thick consistency.

7. Add rest of the sugar and keep on a medium flame till the sugar is completely dissolved. Remove from the flame and refri gerate for an hour.

8. Squeeze the rasmalai and put them into chilled milk. Keep in refrigerator for another half an hour.

9. Serve cold, garnished with sliced pistachio nuts.

160. Jalebi

Refined flour	300 gms.
Green cardamom powder	½ tsp.
Curd (yogurt)	optional
Sugar	500 gms.
Color (optional)	a few drops
Soda bi-carb	1 tsp.
Ghee for deep frying	

1. Mix flour, soda and Yogurt. Add some water and make a batter.

2. Leave it overnight to ferment.

3. Mix it, add a little water if required and make it into a pouring consistency.

4. Prepare sugar syrup with equal quantity of sugar and water. Add green cardamom powder and cook it for 20-25 minutes.

5. Heat Ghee in a Kadhai. Pour batter into a jalebi cloth and then pour it into medium hot Ghee giving jalebi shapes.

6. Cook it from both sides. Remove and keep it in sugar syrup for at least 5 minutes before serving.

Tip: For jalebi cloth, take some stiff cloth and make a 3 mm hole in the center.

161. Basoondi

Milk	2 ltrs.
Sugar	200 gms.
Charoli seeds	25 gms.
Green cardamom powder	½ tsp.

1. Heat milk in a thick bottomed pan. Bring it to a boil. Simmer and reduce it to get a thick consistency. Stir continuously to avoid milk sticking to the bottom of the pan.

2. Add charoli seeds and sugar.

3. Cook on a slow fire for 10 minutes.

4. Add green cardamom powder .

5. Pour into a serving dish and serve cold

162. Sweet pongal

Sakkarai Pongal

Take rice, moongdal, gram dal in the ratio 2:2:1.Add water and steam in pressure cooker.Take vellam (amount should be 2/3 of cooked mixture) and dissolve in little water so that it just completely dissolves and heat it separately. Add the liquid part of this juice (which will be at the top) to cooked mixture. Roast cashewnuts, raisins, grated coconut in ghee and add this to the mixture and stir well.Add some extra ghee while serving.

163. Dal payasam

Moong dal - 1
Powdered jaggery - 1
Gran dal - little(1 spoon)
Steam moong dal and gram dal in a pressure cooker.Mix jaggery in a little water(so that it just dissolves) and bring it to boil. Add the cooked dal mixture and heat for a little while. Add cardomom powder.Roast some cashews in ghee and add it to the mixture.

164. Kozhukkattai

Outer cover:
Rice flour - 1, water 1
Heat water to boil.Pour 2 tsp sesame oil in it and add rice flour with constant stirring so that it becomes thick. Cover and keep aside for 1/2 hour.Then take even sized balls of this and shape it into a hollow hemisphere.
Inner stuffing(Poornam): Mix 1 cup grated coconut, 1 cup powdered jaggery, leave for 5 min.Heat this mixture in low heat with constant stirring
Stuff the poornam in the hemisphere and close it by extending the covering flour.Place these in a plate and steam in a pressure cooker or a large vessel until fully cooked

165. Poli

Poornam:Boil gram-dal until half-cooked and drain the water.Add jaggery, grated coconut, cardomom and grind.Make it tghick by heating in low heat for a little while. Make this into round balls.
Add a pinch of salt to maida and knead it by adding a few tsp of sesame oil and pat it on a plastic sheet into round flat shape.place a ball of poornam on it, mix well and pat it again.Heat a griddle, put the poli and add a spoon of ghee around it.Turn over until both sides are cooked well.

166. Somaasi

Poornam: Grind 1/4 kg Pottu kadalai, 1/4 kg sugar, and 5-6 cardomoms(skin removed) and 1 cup grated coconut(slightly roasted in a little ghee) into a powder.

Take maida:rawa in the ratio 1:1, each 1/4 kg, add a pinch of salt, add minimum water and knead tightly. Make this flour into even sized balls and roll in the form of pooris or chappathis.
Place 2 tsp of the poornam on this and fold it sealing on the sides, so that it becomes semi-circular in shape. Deep fry this in oil.

167. Baadhusha

Make sugar syrup by mixing 150g sugar with equal amount of water and cooking for about 5 minutes. To 100g of ghee add a pinch of salt, a pinch of baking soda and mix until bubbles appear. Add 100g of maida to this and mix by sprinkling water in steps so that it becomes soft. Make this into uniform balls and flatten it lightly on both sides. Deep fry this in oil and when it it cooked, put it immediately into the sugar syrup for about 5 minutes and the remove it on to a plate. Repeat the procedure with all the balls. You can decorate it on top with grated coconut.

168. Ribbon Murukku

Gram flour - 300 g
Rice flour - 200 g
red chillie powder - 1 tsp
salt - 1 tsp
sesame seeds, cumin seeds - 2 tsps
Ghee - 2 tsp
asafoetida - 1/2 tsp
Mix all the ingredients into a thick paste and make murukku as in curd murukku.

169. Omappodi

Soak omam for 1/2 hour and grind into a very smooth paste.Drain the water completely. Mix gram flour 500g, rice flour - 3 tsp, omam paste 2 tsp, salt, 2 tsp ghee and 1/2 tsp asafoetida and mix well. Use this flour and omappodi achu(very small holes) and squeeze out the flour in boiling oil and turn over until fully cooked and crisp.

170. Seedai

rice flour-500g, grated coconut - 1 cup, red chillie powder - 1 tsp, urud flour - 4 tsp, salt - 1 tsp, sesame seeds - 4 tsp, ghee-2 tsp, asafoetida - 1/2 tsp,.
Slightly heat the rice flour in a dry pan. Add other ingredients and mix well. Add little water so that the mixture becomes a solid paste. Make very small balls using this flour and deep fry in oil.

171. Thattai

Soak 4 tsp of gram dal for one hour.
Slightly dry roast 500 g of rice flour. Add 1 cup grated coconut, 2 tsp red chilli powder, 2 tsp ghee, 1/2 tsp asafoetida, 1 tsp salt, 4 tsp sesame seeds, to the rice flour and mix well.Add the soaked dal and minimum water to this and make into a thick paste. Take a ball of this paste and pat it on a plastic sheet of paper . Make it thin. Deep fry these in boiling oil. Turn over until it is fully cooked and crisp.

172. Thenkuzhal

Rice flour - 250g, urud powder - 4 tsp, cumin seeds, sesame seeds - each 1 tsp
Mix the ingredients first with a tsp of ghee and then with minimum water into a thick paste. Then place a large ball of this in thenkuzhal achu(medium sized round holes) and squeeze in boiling oil as in curd murukku .

Urud powder

Dry roast urud dal and grind into a very nice powder.

173. Motichoor Ladoo

Ingredients

For boondi:

2 1/2 cups gram flour (not superfine variety)
500 ml. milk
1/2 tsp. cardamom powder
3 cups ghee for deep frying
a fineholed shallow strainer spoon

For syrup:

2 1/2 cups sugar
3 1/2 cups water
2 tbsp. milk
few drops saffron (kesri) colour

Method

For syrup:

1.Put sugar and water in a vessel and boil.
2.When sugar dissolves, add milk.
3.Boil for 5 minutes till scum forms on top.
4.Strain and return to fire.
5.Add colour and boil till sticky but no thread has formed.
6.Add cardamom powder and mix. Keep aside.

For boondi:

1.Mix flour and milk to a smooth batter.

2.Heat ghee in a heavy frying pan.
3.Hold strainer on top with one hand.
4.With the other pour some batter all over the holes.
5.Tap gently till all batter has fallen into hot ghee.
6.Stir with another strainer and remove when light golden.
7.Keep aside. Repeat for remaining batter.
8.Immerse boondi in syrup.
9.Drain any excess syrup.
10.Spread in a large plate. Sprinkle few tsp. hot water over it.
11.Cover and keep for 5 minutes.
12.Shape in laddoos with moist palms.
13.Cool and keep open to dry, before storing in containers.

174. Kozhakattai

1 full coconut
200 gm grated coconut
2 or 3 spoons water

mix all 3 and keep n sim in stove. Powder elaichi and add ghee before bringing down.
When you touch water and then the jaggery, it should not stick.

2/3 cup water, little salt, 1 big spoon oil, rice flour

allow water to boil, add flour, keep in sim and cook till it sweats.
When steam comes, stop and bring down.
Mix the batter, it will roll into a boll. Leave for 15 minutes.

Then stuff and steam kozhakattai in cooker.

175. Brinjal Curry

Ingredients

Medium size brinjals -8(not round ones)
Ginger -2inches
coriander-equal to ginger
tamarind juice(thick) -1 t.sp.
turmuric powder-1/2 t.sp.
chana dal--1 t.sp
Urud dal-1 t.sp
mustard seeds-1/2 t.sp
cumin seeds -1/2 t.sp
oil-4 t.sp.s
green chiilies 5
red chillies -3(cut into pieces)
salt to taste

Method:

1.First make a paste of green chillies, ginger, coriander leaves nicely.
2.Cut the brinjals into 2 inch pieces.
3.Heat oil in a thick bottom pan. Put chana dal, urud dal, cumin seeds,

mustard seeds. Allow to splutter. Add red chillies and fry nicely.
4.Put the brinjal pieces, salt and turmuric.
5.Fry them for a while and cover the pan, with a plate. Put some water in the plate.
6.After the brinjals are half cooked, put the tamarind juice, ginger-coriander paste in the brinjal pieces and mix well.
7.Close the pan again, but stir it frequently.
8.After 5 or 6 minutes, the curry is ready.
9.Sprinkle the coriander leaves and serve.
10.Tastes good with white rice and ghee.

176. Green Pulao

Ingredients

One bunch of fresh coriander leaves, finely chopped
A handful of fresh mint leaves
green chillies 8 nos
ginger and garlic paste 1 tspn.
garam masala 1 tsp
salt to taste
onion 2 chopped finely
oil 4 tspns
rice 2 cups (boiled beforehand)
water
green peas a handful
boiled potatoes - fried in oil

Method

1.Grind coriander leaves, mint leaves, green chilies, together with a little water. Keep aside.
2.Fry onions till golden brown, add garam masala and ginger and garlic paste.
3.Fry till oil seperates then add the ground ingredients with a little water.
4.Let it cook till you get a nice aroma and it should thicken.
5.Add salt to taste. Then you can add peas and the fried potatoes.
6.Take rice which should be boiled well before and let it cool.
7.Then you add the masala and stir well till the masala has spread out on the rice.
8.Serve hot with any veg or non-veg dish.

177. Baigan fry Recipe

Ingredients

1 Large Baigan (Eggplant)
2 tbsp Besan (Gram flour)
3 tbsp red chilli powder
pinch of turmeric powder
salt to taste
1/4 cup Peanut oil

Method

1.Cut the baigan into thin round slices.
2.Mix chilli powder, turmeric powder and salt thoroughly.
3.Heat the frying pan with the peanut oil.
4.Take one slice of baigan at a time apply the mixture to both the sides and fry it.
5.Serve it hot with chapatis.

178. Kozukkattai (Stuffed Rice Balls)

Ingredients

Rice flour 1 cup
Water 1 1/4 cup
a pinch of salt
1 tsp oil

Method

1.Boil the water adding the salt and the oil.
2.Add the rice flour and stir it until it forms a lump.
3.Cooking the rice flour should take only 2 mts.
4.As soon as it is done, cover it for about 10 mts.
5.Knead it well until its very smooth.
6.Make little cups and stuff it with the stuffing you have prepared and steam it for about 10 mts.

Stuffing:

1.There are many varieties of stuffing. The most popular is sweet coconut stuffing. 2 cups fresh coconut grated, 1/2 cup jaggery powder, one pinch of cardomom powder.
2.Put all these ingredients in a heavy bottomed kadai with 2 table spoon of water and keep on stirring for about 10 mts or until the moisture dries. It should not be too dry either. Make small balls about the size of a cherry. This can be prepared a day or two ahead and stored in the refregirator.

179. Onion Rice

Ingredients

1 cup rice.
1 medium sized onion.
1/2 cup green peas.
3 minced green chillies.
little garlic.
Mustard and cumin seeds for seasoning.
cut coriander leaves.
salt to taste.

Method

1.Cut onions into thin long slices.
2.Boil the rice separately.

3.Heat oil in a pan and season with mustard and cumin seeds.
4.Add cut onions and green chillies , fry until onion is light brown in color and add green peas. Pour little water and allow the mixture to boil till the mixture is dry.
5.Add the boiled rice and coriander leaves into the mixture and mix well.

180. Aratikaaya Masala Pulusu (Spiced Raw Banana Curry)

Preparation time: 30 minutes

Serves: 4

Required ingredients:

Oil -- 3 tbsp

Black Mustard Seeds -- 1/4 tsp

Curry Leaves -- 8

Red Chili Powder -- 1/2 tsp

Turmeric -- 1/4 tsp

Salt to Taste

Set 1

Raw Bananas (different than unripe bananas we eat) – 4

Tamarind Paste -- 1.5 tbsp

Set 2

Cumin Seeds -- 1 tsp

Garlic -- 4 cloves

Ginger -- 1/2 inch piece

Cloves -- 2

Uncooked Rice – 1 tsp

Make Set 2 into a paste (adding a few drops of water) and keep aside.

Raw bananas should be cut into four pieces each. Remove the skin and keep aside.

In a deep skillet heat oil, add mustard seeds and when seeds start popping add curry leaves and the above paste (of Set 2). Fry on moderate heat for one minute. Add 1.5 cups water, tamarind paste, and the banana pieces. Also add red chili powder, tumeric and salt. Let cook on low heat for 15 minutes or until the gravy thickens.

Note: Some tamarind paste can be very sour, so you may need to adjust according to your taste. You can add a spoon of sugar just before removing from heat.

181. Pulihora (Tamarind Rice)

Preparation time: 40 minutes

Serves: 4

Required ingredients:

Rice -- 3 cups

Tamarind Extract -- 5 tbsp.

Split Bengal Gram -- 2 tbsp.

Peanuts – 0.5 cup

Mustard Seeds -- 0.5 tsp.

Dried Red Chile -- 5

Green Chile -- 4

Black Pepper Corns -- 8

Turmeric Powder -- 0.5 tsp.

Oil -- 0.5 cup

Water -- 5 cups

Coriander Leaves -- 1 bunch

Curry Leaves -- 20

Sesame Seeds -- 1 tbsp. (powdered)

Asafoetida -- 0.5 tsp.

Salt to taste

In a large bowl, add water and rice and cook until well done. Remove from heat and in a wide, large bowl spread out the rice. Add turmeric, half of the curry leaves and three tablespoons of oil to the rice and mix thoroughly. Keep it aside.

Meanwhile in a skillet, heat remaining oil on low heat. To this add black mustard seeds, split bengal gram, red chile, pepper corns and peanuts. When the bengal gram turns light brown, add coriander leaves,remaining curry leaves,

asafoetida, sliced green chiles and tamarind extract. Stir well. Remove from heat. Now add salt and sesame seed powder to the skillet and add it all to the bowl containing rice. Mix thoroughly. Serve with Verusanagapappu Pacchadi or plain yoghurt.

Note: You can adjust the amount of tamarind extract according to your taste.

182. Masala Vada

Cooking time: 30 minutes (with soaking time of 1.5 hours)

Serves 4-5

Required ingredients:

Split Bengal Gram (channa dal) – 1 cup

Split Green Gram (moong dal) -- 1/4 cup

Cinnamon – half inch stick

Cloves -- 3

Coriander Seeds Powder (dhaniya powder) -- 1 tsp.

Ginger Paste -- 1 tsp.

Garlic -- 1 tsp.

Nutmeg Powder – 1/4 tsp.

Chopped Onion – 1/2 cup

Chopped Green Chili -- 1 tsp.

Salt to taste

Oil to deep fry

Mix the two dals and soak for 1.5 hours.

Drain water from the soaked soal. Add salt to taste and put it in a mixture and grind into a semi-soft paste (do not make too soft; do not add any water).

Crush cinnamon stick and cloves into powder and add to the paste. Add coriander seeds powder, nutmeg powder, onion, garlic, ginger and green chili. Mix well. Make this dough into small balls (roughly half the size of a golf ball) and keep aside.

In a deep skillet warm oil and deep fry the balls on low heat until brown.

183. Ravva Dosa

Preparation Time: 15 minutes

Serves: 3-4

Required Ingredients:

Yoghurt (preferably sour) – 1 cup

Rice flour -- 1/2 cup

Moida -- 1/4 cup

Semolina (Bombay Ravva) – 1 cup

Chopped Ginger -- 1 inch piece

Chopped Coriander -- fistful

Crushed Cashew nuts -- 15

Finely Chopped Green Chilies -- 2 (about 1.5 tsp)

Chopped Fresh Coconut -- 2 tbsp (very small pieces)

Cumin Seeds -- 1 tsp

Oil for cooking

Salt to taste

Mix everything except oil. Add enough amount of water and mix well such that when you pour batter on the frying pan, all you have to do is tilt the frying pan for the batter to spread out thinly and evenly. You shouldn't use an implement to spread the batter. It should spread on its own.

It is a great snack. Allam Pacchadi (ginger pickle) goes well with this dish

184. Bhakar Wadi

(Spicy gram flour snack)

Serves: Four
Time required: One hour
240 g. gram flour
120 g. wheat flour
salt to taste
a pinch of asafoetida
oil for deep frying
100 g. grated coconut
60 g. sesame seeds
60 g. poppy seeds

a pinch of sugar
salt and chilli powder to taste
100 g. coriander leaves, chopped fine
a marble sized ball of tamarind, soaked in a little water
black masala powder (branded curry powder) to taste

MIX together gram flour and wheat flour. Add salt, asafoetida, 60 ml. hot oil and enough water. Knead to a stiff dough. Keep it aside.

Roast the grated coconut, sesame seeds and poppy seeds and grind to a powder. Add sugar, salt, chilli powder and coriander leaves to the masala powder to prepare the filling for bhakar wadi. Add tamarind pulp and black masala powder and mix well. Divide the dough into small portions and roll each portion into a thin rectangular shaped chappati. Spread the filling all over the chappati and roll up the dough with the filling into a tight cylindrical shape. Seal the edges with a little water. Cut into three cm. long pieces and deep fry in hot oil till brown and crisp. Remove from oil and store in an airtight container.

185. Aloo Gobhi Methi Ka Tuk

Serves: Four
Time required: 35 minutes
4 (500 g) large potatoes with skin
200 g fenugreek
Salt to taste
5 tbs (75 ml) oil
2 g mustard seeds
24 curry leaves
20 g ginger paste, strained
10 g garlic paste, strained
800 g cauliflower, cutinto medium sized flowerettes
1 tsp (9 g) yellow chilli powder
1 tsp (9 g) amchur powder
1/2 tsp (2 g) cummin powder
1/2 tsp (1.5 g) fresh black pepper powder, coarsely ground
A generous pinch of kasuri methi
For the garnishing: 30 g fresh pomegranate seeds

QUARTER the potatoes and then halve each quarter lengthwise. Blanch in salted boiling water until al dente (almost cooked, but not soft and squishy). Drain and keep aside. Sprinkle salt over the fenugreek and rub between the palms to reduce some of the bitterness. Wash in running water, drain and keep aside.

Heat oil in a kadai or wok and season with mustard seeds. When they crackle, add curry leaves. Stir for some time. Add the ginger paste and garlic paste. Stir-fry until the moisture evaporates. Then add fenugreek and stir for a few seconds. Add cauliflower, yellow chilli powder and salt. Stir well. Lower the heat. Cover and cook (for about six minutes) until al dente. Uncover and increase to medium heat. Add potatoes and stir-fry for five minutes. Sprinkle amchur powder, cummin powder, pepper powder and kasuri methi. Stir well. Check the seasoning and remove from heat.

To serve:Remove to a serving dish, garnish with pomegranate and serve with tandoori paratha, bidari paratha or puri.

186. Khatti Arvi Ka Saalan

Serves: Four

Time required: 50 minutes
16 medium sized arvi
2 tsp (10 ml) lemon juice
5 tbs (75 ml) oil
8 flakes (16 g) garlic
1/2-tsp (2 g) mustard seeds
1/2-tsp (2 g) cummin seeds
1 tsp (5 g) urad dal
4 whole dried red chillies
16 curry leaves
200 g onions, chopped fine
3/4 cup (180 ml) fresh tomato puree
4 tbs (60 ml) Tamarind pulp
3 tsp (15 g) coriander powder
1 1/2 tsp (7 g) chilli powder
1 tsp (5 g) turmeric powder
1 tbs (15 g) jaggery
Salt to taste
WASH the arvi thoroughly and cook with enough water till done. Add lemon juice and bring to a boil again. Drain. When cool, peel and quarter lengthwise and reserve in a panful of water.

Grate the jaggery and reserve in three tbs water.
Heat oil in a pan. Add garlic and saut over medium heat until light brown. Add mustard seeds, cummin seeds, urad dal and whole red chillies. Stir until the seeds begin to crackle. Add curry leaves. Stir for a minute. Add onions and saut until golden. Add tomato puree, tamarind pulp, chilli powder and turmeric powder. Stir-fry until the oil floats on top. Add salt and three cups water. Bring it to a boil. Lower the heat, add arvi and jaggery. Bring it to a boil again. Lower the heat, simmer, stirring occasionally, until the gravy reaches thin sauce consistency. Remove and adjust the seasoning.

To serve: Remove to a serving bowl and serve with steamed rice.

187. Dum Ka Karela

Serves: Four
Time required: One hour 15 minutes plus baking time
12 bitter grounds (karelas)
Salt to taste
15 g ginger paste
15 g garlic paste
1 tsp (5 g) turmeric powder
Butter for basting and greasing.

For the filling:
150 g paneer, grated
60 g groundnuts
1 tbs (15 g) sesame seeds
15 g coconut
1 tsp (5 g) cummin seeds
2 (120 g) large onions
5 cm ginger, julienned
1 1/2 tsp (7 g) coriander powder
1 tsp (5 g) chilli powder
Salt to taste
2 tbs (30 ml) tamarind pulp
15 g jaggery, crushed

For the tempering:
3 tbs (45 ml) sesame oil
1/2 tsp (2 g) cummin seeds
1/2 tsp (2 g) mustard seeds
1/4 tsp (1 g) fenugreek seeds
24 curry leaves

WASH and slit the bitter gourds on one side. Remove the seeds and rub with salt. Arrange on a tilting tray and keep aside for at least an hour. (Keep the bitter gourds overnight if you prefer them to be even less bitter).

Put enough water in a pan. Add salt, ginger paste, garlic paste, and turmeric powder. Stir and bring to a boil. Add the bitter gourds and blanch them until soft. Drain and keep aside.

To prepare the filling:
Remove the brown skin and roughly chop the coconut. Dry roast the coconut, groundnuts, sesame seeds and cummin seeds in a frying pan until each emits its unique aroma. Hold the onions with tongs and roast them directly over the flame until the skin is charred. Cool, peel and roughly chop the onions. Grind all these ingredients, except paneer, with 1/4th cup water to fine paste.Add paneer, ginger, jaggery, corriander powder and chilli powder to the paste and mix well.

To prepare the tempering:
Heat oil in a frying pan and season with cummin seeds, mustard seeds and fenugreek seeds. Stir over medium heat until they begin to crackle. Add curry leaves and stir. Pour over the paste, mix well and divide into 12 equal portions. Put a portion of the filling into each of the blanched bitter gourds. Arrange them in a greased roasting tray with the slit side on top. Cover with foil. Punch a few holes in the foil and cook on dum in the pre-heated oven at 275oF for 30 minutes, basting at regular intervals. Remove and uncover.

To serve: Remove to a serving dish and serve with cummin-tempered whole potatoes and buttered seasonal vegetables on the side.

188. Dum Gobhi

(Cauliflower steamed with herbs and spices)

1 lb. cauliflower
1/2 tsp chili powder
1/4 tsp tumeric
2 tsp grated ginger root
1/3 cup chopped tomatoes
1 green chili, chopped
1 tbspn nonfat plain yogurt
2-3 tbsp chopped cilantro leaves
1/2 tsp garam masala
(see below)
Wash, drain, and cut cauliflower into 1 inch flowerets, including stem. Combine chili powder, ginger, tomato, green chili, tumeric with the yogurt in A small bowl. Spray with pam, use nonstick pan, use a little water, whatever you do to nonstick yourself. Put Cauliflower into pan then pour spices over the top. Cover pan tightly and cook over LOW heat for 10-15 minutes (Cauliflower will steam in the spicy mixture). Stir in half the cilantro leaves, increase heat to medium, and cook with lid off, for another 5-6 minutes, to drive off excess moisture. turn off heat and sprinkle with garam masala and reamaining cilantro. Make sure all liquid is driven off,

serve with basmati rice. 4 servings, less than 98 calories

GARAM MASALA
2 oz. black cardamom pods, 1 oz piece of cinnamon stick, 1 oz. cloves,
2 oz. peppercorns
Heat a heavy skillet, reduce heat, add pods and cinnamon. Move them around
for two minutes. Add clves and peppercorn, and shuffle for another minute.
Turn off heat, but continue shuffling until the heat is out of the pan.
Pour roasted spices into grinder and grind til you have a fine powder.
If not fine, strain it, and discard what won't pass through strainer.

189. Garam Masala

5 tsp coriander seeds 1 Tbsp. cumin seeds 1 Tbsp black peppercorns
1 tsp whole cloves 1 tsp cinnamon 1 tsp green cardomon pods

toast coriander and cumin seeds for 3-5 min. combine w/other ingredients and
grind in mortar/pestle (or blender which works great for me). Store in a
bottle for up to 6 months. This is a great spice mixture! But normly I don't
have those spices on hand so I cook without it. But you might consider it
worth investing in as its a neat combination of spices for cooking.

190. Kalagoora Pulusu (Mixed Vegetables with Fenugreek Seeds)

Preparation time: 30 minutes
Serves: 4

Required ingredients:
Three cups of the following vegetables, all cut into two-inch pieces:
Sweet potatoes
Eggplant
Bell pepper
Onions
Potatoes
French Beans
Tomatoes

Tamarind Extract – 2 tbsp.
Fenugreek Seeds --1 tsp.
Mustard Seeds -- 0.25 tsp.
Oil -- 0.5 cup
Turmeric Powder – 0.5 tsp.
Red Chile Powder -- 1 tsp.
Sugar -- 1 tsp.
Curry Leaves -- 10
Water -- 3 cups
Coriander Leaves to garnish
Salt to taste

In a deep skillet, heat oil on medium and add mustard seeds and Fenugreek seeds.
When Fenugreek seeds are light brown, add chopped onion and fry until light brown.

Now add vegetable pieces, salt, turmeric powder, red chile powder and fry for 5
minutes on high heat while stirring occasionally.

Next add tamarind extract, coriander leaves, curry leaves, sugar, water and stir well. Cook on medium heat for 20 minutes such that the sauce is not too watery or too thick.

191. Sarkarai Pongal

Ingredients :

2 litres milk
10 almonds
1 1/2 cups newly harvested rice
1/4 cup moong dal
15 cashew nuts
1 1/2 cup jaggery grated
30 kishmis
1/4 level teaspoon nutrieg powder
1/4 teaspoon saffron crushed 1 teaspoon cardamom powder
2 tablespoons ghee.

Method:

- Chop almonds and cashewnuts.
- Clean kishmis
- Pour milk in the earthen pot called `Pongapani' and place it on fire.
- When the milk starts boiling add rice and dal, after washing.
- As soon as the rice and dal are cooked to softness, add jaggery and ghee.
- Let cook on medium fire for some time and then put in almond and cashewnut bits, saffron nutrieg and cardamom powders.
- Lastly put in the kishmis.
- Bring to one or two good boils.
-

192. Malai Kofta

An extra special party favourite. The koftas will melt in your mouth.

Ingredient

- **For Koftas**
  - 350 grams (12 oz.) paneer
  - 3 tablespoons plain flour
  - 1 level teaspoon baking powder
  - 4 chopped green chillies
  - 1 tablespoon chopped coriander
  - ghee for deep frying
  - salt to taste
- **For gravy**
  - 4 large tomatoes
  - 100 grams (4 oz.) fresh cream
  - 4 tablespoons ghee
  - 1 teaspoon chilli powder
  - salt to taste
- **To be ground into a paste (for the gravy)**
  - 1 large onion
  - 2 tablespoons grated fresh coconut
  - 7 cloves garlic
  - 2 green chillies
  - 2 red chillies
  - 2 teaspoons coriander seeds
  - 1 teaspoon cumin seeds

- 2 tablespoons cherongia sapick (charoli)
- 2 teaspoons khus-khus
- 25 mm (1") piece ginger
- 2 tablespoons chopped fresh coriander

Procedure (Koftas):

Crumble the paneer and knead very well.

Mix the paneer, plain flour, baking powder, chillies, coriander and salt.

Shape into small balls and deep fry in ghee. Keep aside these koftas.

Procedure (Gravy)

Cut the tomatoes into big pieces, add 4 teacups of water and cook. When soft, prepare a soup by passing through a sieve.

Heat the ghee in a vessel and fry the paste very well.

Add the chilli powder and fry again for 1 minute.

Add the tomato soup, cream and salt and boil the gravy for at least 10 to 15 minutes.

How to serve

Just before serving, add the koftas. Serve hot with parathas, puris or rice.

Note:

You can add 1 teacup of boiled green peas to the gravy if you like.

193. Vegetable Jhalfrazie

Ingredient

- 3 teacups mixed boiled vegetables (french beans, green peas, ptatoes and carrots)
- 2 onions
- 3 spring onions
- 2 tomatoes
- 4 green chillies
- 12 mm (½") piece ginger
- 1 tablespoon coriander
- ½ teacup tomato ketchup
- 1 teaspoon chilli powder
- 1 teaspoon sugar (approx.)
- 3 tablespoons ghee
- Salt to taste

Procedure

- Chop the onions, spring onions (with leaves), tomatoes, green chillies, ginger and coriander separately.
- Heat the ghee in a vessel and fry the onions till golden.
- Now add the tomatoes, chillies, ginger and coriander and fry for at least 2 minutes.
- Add the tomato ketchup, boiled vegetables, spring onions, chilli powder, sugar, salt and a little water and cook for 5 to 10 minutes.

194. Navaratna Curry

Ingredient

- 100 grams (4 oz.) french beans.
- 100 grams (4 oz.) carrots
- 100 grams (4 oz.) potatoes
- 100 grams (4 oz.) cauliflower
- 100 grams (4 oz) capsicums

- 100 grams (4 oz) paneer
- 100 grams (4 oz.) cashewnuts
- 100 grams (4 oz.) raisins
- 100 grams (4 oz.) green peas
- 2 tomatoes
- 1 teacup curds
- 4 tablespoons ghee
- Ghee for deep frying
- Salt and sugar to taste
- Silver papter, pineapple pieces and few cherries for decoration.

To be Ground into a paste

- 6 cloves garlic
- 2 green chillies
- 4 kashmiri chillies
- 25 mm (1") piece ginger
- 2 teaspoons coriander seeds
- 1 teaspoons cumin seeds
- 1 teaspoon shah-jira
- 3 cardamoms

Procedure

- Cut the french beans, carrots and potatoes into small cubes.
- Cut the cauliflower into big pieces
- Boil the french beans, carrots, cauliflower and green peas
- Deep fry the potatoes in ghee
- Cut the paneer into small cubes and deep fry in ghee
- Cut the capsicums into long strips
- Grind the tomatoes with very little water
- Whip the curds
- Heat the ghee in a vessel and fry the paste for a little time
- Add the tomatoes and curds and fry again for a few minutes
- Add the vegetables, cashewnuts, raisins, paneer pieces, salt and sugar and cook for a few minutes
- Decorate with pieapple pieces, silver foil and cherries

195. Vegetable Kofta

INGREDIENTS :

Potatoes - 6 big nos.
Carrots - 3 cups (sliced)
Onions - 3 nos. (sliced finely)
Garlic - 1 cloves (crushed)
Ginger - 1 inch piece (chopped)
Cinnamon pwd, Cloves pwd, turmeric pwd. - 1 tsp. each
Tomatoes - 2 nos. (pureed)
Chilli pwd. - 1/4 tsp.
Salt and Black pepper
Flour for coating, Oil for deep frying
For Garnishing - 4 tbsp. thick cream and chopped fresh corriander leaves.

METHOD :

1. Cook the potatoes and carrots and mash them up. Mix salt and pepper to taste. Reserve the vegetable stock.
2. Form the mixture into small balls, coat with flour and deep fry in hot oil till golden brown.
3. Keep it aside. Fry onions in oil till golden brown. Add ginger, garlic, cloves, cinnamon, turmeric and a little water.
4. Cook for 2 mins. Add the tomato puree and simmer till it forms a thick sauce.
5. Then add the stock, pepper, salt and chilli pwd and bring to boil.

6. Place the cooked koftas in the sauce and simmer for some time. Add the cream just before serving and garnish with corriander leaves.

196. Rasmalai

INGREDIENTS :

Milk - 1 1/2 litre
White Vinegar - 3 tbsp.
Sugar - 3 cups
Flour (Maida) 2 tbsp.
Crushed Green Cardamoms - 1 tsp.
Pistachios - 10-12

METHOD :

1. Boil milk and cool it.
2. Add vinegar to the milk, slowly little by little and keep stirring.
3. Filter the mixture using a muslin cloth and squeeze out the water (whey).
4. Place the cheese (paneer) on a board and while still hot, knead it till no granules are left.
5. Repeat the process after adding the flour to it.
6. Make small balls from the mixture and flatten it.
7. Make thin sugar syrup. In a small bowl mix little flour with water and add this to the boiling sugar syrup.
8. Add crushed cardamoms to the syrup.
9. Add the rasmalais to the sugar syrup. Garnish with grated pistachios.

197. Sweet Shakarpara (Diamonds)

INGREDIENTS :

Flour - 2 cups
Milk - 1/2 cup
Sugar - 1/2 cup
Sesame seeds (til) - 2 tbsp.
Ghee - 4 tbsp.
Salt - 1/2 tsp.
Oil or Ghee for deep frying

METHOD :

1. Warm milk . Add ghee and sugar and stir till well dissolved.
2. Add this mixture to the flour and bind to a hard dough.
3. Add sesame seeds and knead well. Divide the dough into large balls.
4. Roll out on a board into thick rounds. Cut into small diamond shaped pieces.
(This can be done by cutting it horizontally into strips and then cut it across in a slanted fashion)
5. Deep fry in hot oil till light brown in color.

198. Besan Ladoo

INGREDIENTS :

Besan - 4 cups (a bit thicker than ordinary)
Sugar - 2 cups (powdered)
Almonds (Badam) - 20-25 nos. (chopped)

Ghee - 1 cup
Cardamom pwd. - 1 tsp.

METHOD :

1. Heat the ghee in a pan.
2. Add besan part by part and mix it well. Keep on low flame. Keep stirring to avoid burning.
3. When the aroma comes, remove from heat and cool.
4. Add the powdered sugar to it and mix well.
5. Add the almonds and shape the mixture into balls.

199. Cashewnut Barfi

INGREDIENTS :

Cashewnuts - 300 gms. (finely ground)
Milk - 500 ml.
Sugar - 1 cups
Khoya - 250 gms.
Coconut - 1 (grated)
Almonds (Badam) and pistachios- 10 gms. each (chopped)
Ghee or oil - 1 cup
Cardamoms - 2 (ground)
Few strands of saffron
Pinch of nutmeg
Silver varak (paper)

METHOD :

1. Pass the cashewnut powder through a fine sieve, then fry in oil for a couple of mins. and keep aside.
2. Add khoya to cold milk. Separately, add the nutmeg with a little milk and keep aside.
3. Fry the coconut in oil till it turns a light brown.
4. In a heavy bottomed vessel, boil the milk and add the sugar.
5. Stir till it dissolves, then add cardamom, saffron and nutmeg. Add the khoya, cashewnut pwd, grated coconut to the milk mixture and stir thoroughly.
6. Continue cooking on a low flame, stirring constantly. When the mixture leaves the side of the vessel, remove and spoon contents into a greased thali.
7. Smoothen with the back of a flat spoon. Garnish with varak, almonds and pistachios.
8. Cut into diamond shaped pieces and serve.

200. Dryfruit Halwa

INGREDIENTS :

Cashewnuts, Walnuts, Almonds and Pistachios - 100gms. each (coarsely ground)
Milk - 1 glass
Sugar - 300 gms.
Khoya - 400 gms.
Black raisins - 50 gms.
Ghee or oil - 1 cup
Cardamoms - 2 (ground)

METHOD :

1. Heat the ghee and fry the khoya stirring all the time till it turns a light brown. Keep aside.
2. Boil the milk and add the sugar. Stir till the sugar dissolves.
3. Remove from heat and mix well with the khoya. Add the dryfruits , raisins and cardamom pwd. and mix well.

4. Spoon the mixture into a greased plate and smoothen with a flat spoon.
5. Cut into diamond shaped pieces and garnish with almonds and pistachios.

201. Dal Payasam

INGREDIENTS :

Moong Dal (lentil) - 1 cup
Coconut - 1/2
Jaggery - 2 cups (grated)
Cardamom powder - 1 tsp.
Cashewnuts - 1/4 cup
Raisins - 1/4 cup
Ghee

METHOD :

1. Wash and drain the dal. Fry it in hot ghee for 2-3 mins. Keeo aside.
2. Fry the cashews and raisins in ghee and keep aside.
3. Cut 5-6 coconut rings and chop it further to small pieces. Fry it in ghee and keep aside.
4. Grate the remaining coconut and grind it with 1 cup hot water.
5. Drain and reserve the coconut milk. This will be thicker.
5. Again add 1 cup hot water to the ground and drained coconut and grind.
6. Squeeze the milk out and reserve in a separate bowl from the previous.
7. Add this second milk to the fried dal and pressure cook it.
8. In the meantime, boil 1- 1/2 cup water and add the jaggery to it.
9. Boil it till the liquid obtains a thick consistency. Pour this into the boiled dal mixture and stir well.
10. Cook for a few mins. Add cardamom pwd. and the fried cocunut pieces, cashews and raisins.
11. Keep strring all the time. Add the thick coconut milk and mix well. Remove from heat and serve hot.
12. It tastes great if eaten cold too.

202. Red Beet Paratha

Ingredients
2 cups wheat flour
2 tbsp chana flour
1 red beet
1 bunch of coriander leaves
1 tbsp oil
2 tbsp sesame seeds
1 tbsp red chilli powder or 5 to 6 green chillies (optional)
1/2 tbsp haldi
1/4 tbsp asafoetida and salt to taste
Method

Grate the red beet and finely chop the coriander.
Add all the above listed ingredients and make a dough out of it.
Take a small portion of the dough and roll them into parathas.
Roast them onto the tava by adding little ghee to it .
Delicious Parathas are ready and tastes very good with spicy tomato chutney.

203. Green Onion Bhurji

Ingredients

4 small bunches of green onions (onion bulbs with the leaves on)
3 eggs
1 teaspoon chilli powder
1/2 teaspoon Turmeric powder
Salt
Oil

Method

Clean the green onions and cut the onion bulbs from the green leaves and chop the bulbs finely. Keep aside

Chop the leaves finely.

Take oil in a wide mouthed pan and saute the chopped onion bulbs for some time till they become soft.

Add the chopped leaves and mix well.

Close with a tight fitting lid. Decrease flame and let it cook till the leaves become soft.

After the leaves get cooked thoroughly , add chilli powder and turmeric powder. Mix well.

Beat the eggs and add to the pan. Mix the whole mixture well till the eggs get cooked and the mixture is dry.

Add salt to taste . Serve piping hot.

Note : Do not add any water to the onion leaves. They should cook in their own juice.

204. Mysore Bonda

Ingredients

1 cup All purpose flour
2 Green chilies (finely chopped)
1 small onion (finely chopped)
1 big spoon full of rice flour
Sour curd (to make the batter)
Salt to taste
A pinch of baking soda
Chopped coriander leaves (optional)

Method

Mix all the above ingredients using the curd to a bajji dough consistency. Keep this aside for 3 hrs.

Heat some oil in a frying pan. When the oil is hot enough, drop the batter in oil and deep fry them till golden brown.

Serve hot with green chutney or ketchup.

Make sure the curd is sour enough. These bondas are very crispy and tasty too.

205. Dahi Wada

Ingredients

For the wadas
Udad dal (Black gram dal) 1 cup
Mung dal (Green gram dal) 1/4 cup Salt to taste

Method for Wadas

Soak the two dals for 7-8 hours or overnight.

Grind it to a smooth paste.

Add salt to taste.

Heat oil for deep frying in a kadahi and add spoonfuls of dal batter and fry until the wadas are golden brown.

Drop the hot wads in a bowl of cold water and leave for about 3-4 minutes.

Take each wada out from water, squeeze the water out and set aside.

For the Dahi (yogurt)

Dahi (yogurt) 5 cups
(You can use homemade yogurt or low-fat yogurt from the market)
Green chillies, chopped 1 tsp
Ginger grated 1/2 tsp
curry leaves 7-8
Mustard seeds 1/4 tsp
Asafoetida pinch
Salt to taste
Sugar 4 tsps (yogurt should taste little sweet)

Method for making dahi

Blend the yogurt with little water until it is smooth.

Add sugar, salt, green chillies and ginger.

Make a tarka (seasoning) of mustard seeds, asafoetida and curry leaves and add to yogurt.

Keep the yogurt in refrigerator until it is chilled.

Serving the wadas

Arrange the squeezed wadas in a deep dish. Pour the yogurt on the wadas such that all the wads are covered well by the yogurt. Sprinle red chiili powder, roasted jeera powder and black salt (sanchal).Serve with sweet tamarind(imli) chutney.

206. Rasmalai

Ingredients
Makes: 15 pieces
Shelflife: Refrigerator fresh 2-3 days.
4 Measuring cup milk for chenna (2% milk)
3 measuring cup milk for Ras
4 - 4 1/2 tbsp. sugar for Ras
1 cup sugar
3 cups of water
safforn, cardomom, pista, almonds
lemon juice
Method

First keep the 3 cups of milk for ras to boil until it reamins 1 3/4 cup.
Bring 4 cups of milk to boil. Now to curdle the milk add lemonjuice to it stirring continously.
Then drain it in athin muslin cloth or handkerchief.
Hold it covered with cloth in the running water.Drain the excess water by pressing the cloth there must not be water remaining.
In a pressure cooker take 3 cups of water and 1 cup of sugar.
Take the chenna out of the cloth in a dish , mash it and make around 15 small size of balls out of it
Toss that balls in the pressure cooker and bring two whistle.
In the mean time see the milk for ras may be ready.
Add the sugar for ras to it and add cardomon, pista, almond and safforn to it.Let it cool aside
As the pressure cooker is warm now open it take out the balls of chenna with the spoon ina dish and let the water drain by pressing it little and let it cook.
When the milk is cool add chenna balls to it .
Refrigerate it.

And it is ready to serve. Isn't it quick and easy
* while putting chenna balls inthe pressure cooker do not put one onthe other. Depending on the size of the pressure cooker I put 12 pieces at a time

207. Instant Dhokla

Ingredients

1 small bowl Besan
1 small bowl Water
1 teaspoon Salt
1/2 tablespoon Lemonjuice
1 tablespoon Oil
1 tablespoon Eno Fruit Salt

Tampering

1 teaspoon Mustard Seeds (rai)
2 Sliced Green Chillies
A few Curry Leaves
2 Tablespoon Sugar

2 tablespoon Lemon juice
1/4 cup Water
1 tablespoon Oil
2tablespoon Chopped Corinder
1 table spoon Grated Coconut

Method

Mix togather besan, salt, oil, lemonjuice and water.

In a pressure cooker or big vassle put 1 glass water and keep a mesh upside down. (so that water should not touch the dhokla pan)

Grease a baking dish (it should fit in the vassle or cooker)

Now add Eno and mix well and pour this mixture right away in the greased pan.

Steam it for 20 minutes.

Prepare the tampring adding rai, greenchillies and curryleaves in hot oil.

Mix togather water,sugar and lemonjuice and pour into tempring. boil it.

Take out dhokla and cut into pieces. Pour the tapering mixture over it.

Garnish with grated coconut and Coriander.

208. Matar Palak

Ingredients

1 bunch of spinach
1 cup of green peas
1 medium sizwd tomato
1 medium sized onion
1 medium sized boiled potato
3-4 green chillies
1 tsp. cumin seeds
A pinch of asofetida
1 tsp turmeric powder
Salt to taste

Method

Cut spinach leaves and wash them properly.

Boil the cut spinach for 10 minutes in a very little amount of water.

Allow to cool for sometime.Grind thecooled spinach alongwith the greenchillies to a fine paste.

This paste must be semiliauid.

Chop onion and tomatoes into small pieces.

Cut the boiled potato into evenly shaped cubes.

Heat oil in a pan.Add the cumin seeds and asofetida.

Add the onions,peas and tomatoes.

Fry for 2-3 mins.Add the potato cubes and allow to cook on medium flame for 5 mins.

Once the onions and tomatoes are cooked, add the spinach-chilli paste to the above.

Add turmeric powder and salt to taste.

Simmer it for 10 mins. Tastes good with rotis/parathas.

209. Aloo Mutter

Ingredients

1 cup green peas
2 medium size potatoes
2 medium size tomatoes
1 Pod Garlic (about 15-20 Pieces)
1/2 cup Green Coriander leaves
2 Green chilies
1 small onion
Salt to taste
Pinch of Turmeric

Method:

Grind Garlic, Coriander, tomatoes, green Chillies, onion, salt, turmeric.

Heat oil in cooker. Add ground Masala and roast till oil separates

Add potatoes pieces, and green peas and mix properly

Add water and pressure cook. Serve with chappaties

210. Venn Pongal

Ingredients
Rice 2 cups
Toor Dal 3/4 cup
Coarsely crushed peppercorns 2 tsps
Cumin seeds 1 1/2 tsp
Ginger 1 1/2 inches long cut into tiny bits
Cashew nuts 5
Ghee 3 tsps
Method

Cook the rice and dal together either in a pressure cooker or in a vessel directly on the stove.
The two should be cooked till soft.
In a seperate kadai add the ghee and when it is hot fry the cashew pieces in it.
When the pieces turn brown add the crushed peppercorn and the cumin.
When they splutter add ginger and fry.
Add the cooked mixture of the rice and dal to it with salt according to your taste.Mix well.
Add a teaspoon of ghee over it in the end before serving.

This can be eaten with coconut or onion chutney.
The rice and the dal can be cooked earlier and the rest of it just takes 5minutes.

211. Tamilian Kurma

Ingredients

1 cup shredded coconut
4 geen chillies
1 bunch coriander leaves
1 tsp poppy seeds (khusa khusa)
gingerpaste
garlic paste
Grind all of the above ingredients to a fine paste with water.

french cut beans
carrots(sliced) lenghtwise
peas(frozen will do)
potatoes (cubed)

Method

Take oil in a kadai. Add jeera.And then add all the vegetables and let it boil.

Add turmeric powder (a pinch), salt (2tsp), chillipowder (1tsp).

Add the ground ingredients and cook for about 15 mins. Add water if desired.

Serve hot with rice.

212. Vegetable Korma

Ingredients

1 Cup Beans
half cup Carrot
1 Potato

half cup Peas
half cup Ground coconut
small piece Ginger
3 flakes Garlic
1 Onion

half tbs Cumin seeds
1 tbs Corriander powder
few Corriander leaves
half tbs Chillie powder
half Lime
half tbs Turmeric powder

Take oil in a pan. Add the sliced onions.

After that add ginger, garlic, corriander powder, chillie powder, salt & fresh corriander leaves .

Fry it nicely.

Then add the vegetables & pressure cook till done.

When the vegetables are cooked add the ground coconut and little water to it & let it simmer for 5 minutes.

Squeeze lime to it & the veg korma is ready.

Serve hot with chapatis.

213. Mixed Vegetable Kofta in Tomato Curry

Ingredients
For the Koftas you need
1/2 cup Frozen Corn
1/2 cup Frozen Peas
1/2 cup Green Beans cut in small pieces
1/2 cup Carrots cut in small pieces.
11/2 cup Gram Flour (Besan)
Salt to taste
1/2 Tsp.. of Red chili Powder
Pinch of Turmeric Powder
1 Tsp. of Mango Powder
1 Tsp. of Dhaniya Powder
For the Tomato Curry:
1 Pound Fresh Tomatoes
2 Tsp. Tomato Paste
3/4 Cup of water
Salt to Taste
1/2 Tsp. Red Chilly Powder
1/4 Tsp. Sugar
1/4 Tsp. Cinnamon Powder
2 pieces whole cloves
1 Tsp. Ground Ginger
For Frying:
Vegetable Oil
For Garnish :
Fresh Cilantro or Homemade Pannier
Method:
Parboil all the vegetables for 10 minutes. Let them cool for 20 minutes.
Mix all the spices (except salt) and vegetables in a bowl.
Add salt to Gram Flour and add it slowly to the mixture.
Keep on mixing it with your hand . Do not add water.
Add Gram Flour till you can shape them into small round soft balls.

Use some oil in your palm of the hand to form the balls.
Meanwhile heat some oil in the pan . See that the oil is not very hot.
Keep Medium Flame.
Deep fry the Kofta balls.
Set them aside.

For the Tomato curry , I would highly recommend to cook the curry about 3 hrs before you serve.
Chop the tomatoes in small pieces.
Cook them with salt for about 15 minutes on medium flame.
Add the Tomato paste. Keep on Stirring .
Add water and ginger and simmer for 2-3 minutes.
Add the rest of the ingredients for the Tomato curry.

15 minutes before serving Put the Koftas in the serving dish and pour the Tomato Curry. Keep it in the oven at warm till you serve. Garnish with Fresh Cilantro or Paneer.

214. Chakali

Ingredients

3 cup rice flour
1 cup basan
1 stick butter (half cup)liquify
5,6 green chillies finely chopped
2 tsp coriander &cumin seed powder
1/2 tsp turmeric
2 tsp curd
1 tsp suger
salt to taste
Chakali utensil which is common for shev-papdi

Method

Mix rice flour & basan with all above interdients.add a

little bit warm water and make a soft dough. (dough should be softer than the chapati dough.)

Grease the chakali utensil make chakali.

Deep fry in oilon midimum flame till golden brown in colour.

Let it soak on paper.

serve with curd or butter.

215. Moong Soup With Paneer

Light and nutritious.
Preparation time : 5 minutes. Cooking time : 25 minutes. Serves 6.
Ingredients
¾ teacup moong
2 tablespoons finely chopped paneer
1 teaspoon cumin seeds
1 tablespoon mustard seeds

¼ teaspoon asafoetida
1 teaspoon lemon juice
2 pinches sugar
¼ teaspoon pepper powder
2 tablespoons ghee salt to taste
How to proceed
1. Soak the moong for a few hours. Add 6 cups of water and cook in a pressure cooker.
2. Blend the cooked moong in a blender. Strain.
3. Heat the ghee and fry the cumin seeds and mustard seeds. When they crackle, add the asafoetida and moong liquid.
4. Add the lemon juice, sugar, salt and pepper and boil for 2 minutes.
5. Add the paneer and cook for 2 minutes

216. Healthy Tomato soup

The ever popular tomato soup made in a healthier way.
Preparation time : 5 minutes. Cooking time : 25 minutes. Serves 6.
Ingredients
400 grams chopped tomatoes
½ teacup yellow moong dal
2 teaspoons butter
1 finely chopped onion
1 tablespoon cornflour or plain flour
1 to 2 teaspoons sugar
½ teacup warm milk salt and prepper to taste
For serving
fresh cream
bread croutons
How to proceed
1. Boil the tomatoes with the moong dal in 3 to 4 cups of water till cooked.
2. Blend in a blender and strain.
3. Melt the butter, add the onion and fry for 3 to 4 minutes.
4. Add the strained mixture.
5. Mix the cornflour with a little water and pour into the soup. Boil for 2 minutes, stirring ocassionaly.
6. Add the sugar, milk, salt and pepper.
Serve hot with cream and bread croutons.

217. Corn Soup with Vegetables

A soup with a Chinese touch.
Preparation time: 15 minutes . Cooking time: 30 minutes . Serves 6.
1 can (450 grams) cream-style corn
2 level tablespoones cornflour
1 teacup finely chopped mixed vegetables
(cauliflower, carrots, cabbage, onions, french beans)
½ teaspoon Ajinomoto powder
3 tablespoons butter
2 tablespoons cheese
To be ground into a paste
25 mm. (1") piece ginger
4 cloves garlic
4 green chillies
For serving
chillies in vinegar and chilli sauce grated cheese

1. Mix the cornflour with 6 teacups of water. Add the paste, corn and Ajinomoto powder and cook in a pressure cooker until done.
2. Add the vegetables, butter and cheese and boil for a few minutes.
Serve hot with chillies in vinegar and chilli sauce or with grated cheese.

218. Green Peas Skin Soup

Preparation time: 10 minutes . Cooking time: 10 minutes . Serves 6.
6 teacups skin of green peas
1 tablespoon green peas
1 chopped onion
3 teacups skim milk
2 teaspoons butter
salt and pepper to taste
1. Heat the butter and fry the onion for 1 minute.
2. Add the green peas skin and green peas and cook for 3 to 4 minutes.
3. Add the milk and ½ teacup of water and cook in a pressure cooker till the first whistle.
4. Blend in a mixer.
5. Strain to separate the stock from the skin. Discard the skin.
6. Boil the stock for 1 minute.
7. Add salt and pepper.
Serve hot.
Health Information: This unusual soap gives the flavour of peas without the calories. Fresh green pea pods add fibre and Vitamins A and C to the soap. Fibre is called nature's broom because it helps sweep the products of digestion through the body and eliminates them.

219. Hara Nariel Ka Shorba

Coriander and coconut make a tasty combination.
Preparation time : 20 minutes. Cooking time : 10 minutes. Serves 6.
Ingredients
2 coconuts
6 teaspoons cornflour
1 teaspoon cumin seeds
2 tablespoons ghee
2 curry leaves
To be ground into a paste
2 tablespoons chopped coriander
2 small green chillies
1 teaspoon lemon juice
1. Grate the coconut. Add 6 cups of warm water and blend in a blender. Strain to obtain coconut milk.
2. Heat the ghee and fry the cumin seeds for 1 minute. Add the paste and curry leaves and fry again for 1 minute.
3. Mix the cornflour and coconut milk, add to the paste and boil for a few minutes.

220. Lentil and Vegetable Broth

Try out this unusual soup with moong dal stock.
Preparation time: 20 minutes. Cooking time: 20 minutes. Serves 6to 8.
For the stock
2 tablespoones moong dal
2 onions
2 large tomatoes
For the topping

1 chopped onion
½ teacup shredded cabbage
½ teacup chopped spinach
2 tablespoons baked beans or tomato ketchup
1 chopped tomato
1 tablespoon oil salt and pepper to taste grated cheese to serve
For the stock
1. Cut the onions and tomatoes into big pieces.
2. Add the moong dal and 6 teacups of water and cook in a pressure cooker.
3. When cooked, blend in a liquidiser and strain.
How to proceed
1. Heat the oil and fry the onion for 1 minute.
2. Add the vegetables and fry again for 1 minute.
3. Add the stock and boil for 10 minutes.
4. Add the beans, tomato, salt and pepper and give one boil.

221. Letil Soup

Preparation time: 10 minutes . Cooking time: 15 minutes . Serves 6.
¾ teacup masoor dal (washed)
3 sliced onions
4 cloves crushed garlic
½ teaspoon chilli powder
3 tomatoes
2 teaspoons oil
salt to taste
For serving
lemon juice
For garnish
1 tablespoon boiled rice
1. Heat the oil and fry the onions for 1 minute. Add the garlic and chilli powder and fry again for ½ minute.
2. Add 6 teacups of water, the tomatoes, masoor dal and salt and cook in a pressure cooker till the first whistle.
3. When cooked, blend in a mixer.
4. Boil for 5 minutes.
Serve hot with lemon juice and garnished with boiled rice.
Health Information: Pulses are an important source of protein containing twice as much protein as the same weight of cereals. The combination of cereals and pulses provides protein of high biological value.

222. Tum Yum Soup

The Thai soup with the intriguing flavour of lemon grass.
Preparation time: 15 minutes.Cooking time: 10 minutes.Serves 6.
6 teacups clear vegetable stock
1 green chilli, cut lengthwise
10 to 15 canned mushrooms, sliced
10 to 12 cauliflour florets (parboiled)
1 tablespoon roughly chopped lemon grass
2 pinches Ajinomoto powder (optional)
1 teaspoon lemon juice
2 to 3 drops oil
salt to taste
1. put the stock to boil.
2. Add the green chilli, mushrooms, cauliflower, lemon grass, Ajinomoto and salt and boil for 2 to 3 minutes.
3. Add the lemon juice and top with oil.

Serve hot with chillies in vinegar, soya sause and chilli sause.

223. Sweet Corn Soup

An old-time favourite.
Preparation time: 10 minutes.Cooking time: 30 minutes.Serves 6.
1 can (450 grams) cream style corn
½ teaspoon Ajinomoto powder
½ teaspoon soya sauce
2 tablespoons cornflour
salt to taste
To serve
green chillies in vinegar
chilli sause
1. Mix all the ingredients with 4 to 5 teacups of water.
2. Cook for 25 minutes.
Serve hot with chillies in vinegar and chilli sauce.

224. RAJMA CURRY

A favourable from the Punjab.
Preparation time : 20 minutes Cooking time : 20 minutes. Serves : 6. Ingredients.
1 teacup red kidney beans (rajma)
2 onions, grated
1 teaspoon chilli powder
500 grams tomatoes
2 teaspoons sugar
3 tablespoons ghee
Salt to taste
To be ground into a paste.
7 cloves garlic
7 green chillies
25mm. piece ginger
How to proc eed.
1. Soak the red kidney beans over night.
2. Next day, cook in a pressure cooker. Drain.
3. Heat the ghee and fry the onions for 2 to 3 minutes. Add the paste and chilli powder and fry again for 1 minute.
4. Add the cooked red kidney beans.
5. Cut the tomatoes intobig pieces, add 2 teacups of water and cook. When cooked, take out a thick soup through a sieve.
6. Add the tomato soup to the rajma mixture.Add the sugar and salt.
7. Cook for a few minutes.
Gujarati oondhiya cooked in the original style and served in an earthen pot with delicioius chutneys and sauces.
Preparation time : 40 minutes Cooking time : 60 minutes. Serves : 6 to 8.
Ingredients.
750 grams (1 5/8 lb.) papadi
500 grams (1 1/8 lb.) kand (rataloo)
250 grams (9 oz.) potatoes
2 to 3 brinjals
1 teaspoon ajwain
1 teaspoon chilli-ginger paste
1/4 teaspoon soda bi-carb
1 to 2 tablespoons oil
A few lettuce leaves
Salt to taste
Green chutney, garlic chutney, sweet and sour sauce, sev and oil (optional) to serve

For the green chutney.
1 teacup chopped coriandder
4 green chillies
1 teaspoon lemon juice
1/2 teacup water
1/2 teaspoon salt
For the garlic chutney.
10 cloves garlic
2 teaspoons chilli powder
1/2 teacup water
1/2 teaspoon salt.
For the sweet and sour sauce.
1 teacup jaggery (gur)
1/2 teacup tamarind
1/2 teaspoon chilli powder
1/2 teacup water
Salt to taste
Chopped coriander for garnish
How to proceed.
1. String the papadi. Do not separate into two.
2. Peel the kand and cut into big pieces.
3. Cut the potatoes and sweet potatoes without peeling.
4. Make slits on the brinjals.
5. Mix all the vegetables. Apply the ajwain, chilli-ginger paste, soda bi-carb and salt. Mix thoroughly and apply the oil all over.
6. In a small earthen pot (matka), put a few leaves of lettuce at the bottom. Fill with all thevegetables and cover with the balance lettuce leaves.
7. Cover the matka, with an earthen lid and bake in a hot oven at 200 *C (400 *F) for 1 hour.
8. Alternatively, instead of cooking in a matka, wrap the vegetable mixture (without lettuce leaves) in aluminium foil and bake in a hot oven at 200 *C (400 *F) for 1 hour.
9. Serve with green and garlic chutneys and sweet and sour sauce, oil and seve.
For the green chuntey.
Blend all the ingredients in a liquidiser.
For the garlic chutney.
Blend all the ingredients in a liquidiser.
For the sweet and sour sauce.
Blend all the ingredients except coriander except coriander in a liquidiser. If too thick, add enough water to get the right consistency. Garnish with coriander.

225. MALAI KOFTA CURRY

A tasty kofta curry.
Preparation time : 30 minutes Cooking time : 40 minutes. Serves :6. For the koftas.
100 grams green peas
100 grams cauliflower, finely chopped
100 grams french beans, finely chopped
100 grams carrots, finely chopped
250 grams potatoes, boiled andmashed
2 tablespoons bread crumbs
1 bread slice, soaked in water
1 teaspoon garam masala
1 teaspoon chilli powder
1 1/2 teaspoons lemon juice
Salt to taste
Oil for deep frying
To be ground into a paste.(for the koftas)

9 cloves garlic
25 mm. (1") piece ginger
7 green chillies
For the gravy.
750 grams tomatoes
3 onions
4 cloves
2 small sticks cinnamon
1 tablespoon cornflour
1 teaspoon sugar
1 teaspoon garam masala
1 teaspoon chilli powder
4 tablespoons butter
Salt and pepper to taste
To be ground into a paste.
15 cloves
25 mm. (1") piece ginger
5 green chillies
For baking
1 tablespoon fresh cream
1/2 tablespoon grated cheese
For the koftas.
1. Boil the peas.
2. Steam the cauliflower, french beans and carrots in a pressure cooker without adding water.
3. Add the vegetables and peas to the potatoes and make a dough.
4. Add 1 tablespoon of bread crumbs and the bread slice.
5. Add the paste, garam masala, chilli powder, lemon juice and salt and form into kofta balls.
6. Roll the koftas into the remaining bread crumbs and deep fry in oil to a golden brown colour. Keep aside.
For the gravy.
1. Put the tomatoes in hot water for 10 minutes. Remove and blend into a puree.
2. Blend the onions in a liquidiser with very little water.
3. Heat the butter,add the onions and stir fry for 5 minutes till light brown.
4. Then add the cloves, cinnamon and paste and fry again for 2 minutes.
5. Add the tomato puree and cook for 2 minutes.
6. Add 1 teacup of water and boil for 3 to 4 minutes.
7. Pour the mixture into a blender, add the cornflour and sugar and blend.
8. Put to cook again and add the garam masala, chilli powder, salt and pepper and cook for 5 minutes.
How to proceed.
1. Arrange the koftas in an ovenproof dish. Pour the gravy and fresh cream over the koftas.
2. Sprinkle the grated cheese on top and bake or grill for 10 to 15 minutes in a hot oven at 200 *C (400*F) until the cheese melts.

226. Cheesy Sweet Jamuns

Makes about 24

150 gm puffed rice (murmura) - washed and soaked in water for 2 hours.
60 gm mawa
1/4 tsp baking powder
Oil for frying
Stuffing
90 gm Amul Cheese-grated
90 gm mawa
100 gm sugar
1 tbsp cashew nuts-chopped
2 tsp grated coconut

1 tbp raisins-chopped
1tsp chironji-chopped
Syrup
200 gm sugar
3 cups water
1 tbsp milk
1/2 tsp cardamom powder
2 tsp rose essence
Silver foil for decoration
Method
Prepare syrup by boiling together the sugar and water. And milk and remove the scum as it surfaces. Boil till 3 cups of clear syrup are obtained. Remove from fire and flavour with essence and caedamom powder. Keep aside.
Cook the mawa for stuffing in frying pan till it is golden brown. Add the rest of the ingredents and mix well. form into small balls and keep separately.
Squeeze out the water from the puffed rice and mix it with the rest of the ingredents for Jamuns except oil. Knead well and from into as many balls as the number of stuffing balls you have. Flatten out the puffed rice balls on the plam of your hand and place a mawa ball on it. Fold over adn close sides to make an oval Jamun. deep fry on low fire till dark brown. Drain well and immerse in warm syrup for an hour. Serve warm decorated with silver foil.

227. Kofta Lajawab

Koftas
125 gm Amul Cheese - mashed
50 gm cornflour
1/2 tsp pepper powder
Oil for frying

Gravy
250 gm onion - grated
200 gm tomatoes - pured
3 cm piece ginger - ground
1/2 tsp chilli powder
1/2 tsp garam masala
200 gm oil
3/4 tsp salt
Mix mashed cheese with cornflour and pepper.
Knead well.
Form into walnut sized koftas and deep fry till light brown.
Drain and keep aside.
To make gravy, heat oil in a pan and brown onions.
Add ginger and fry well.
Add tomatoes turmeric, red chilli and garam masala and fry on low fire till oil separates.
Add water according to consistency of gravy required.
Correct seasoning. Boil for 5 minutes.
Add koftas and boil for a further two minutes.
Serve hot with parathas or tandoori rotis.
Makes about 8

228. Beetroot Parathas

2 cups wheat flour
Water for kneading the dough
Salt to taste
2 tbsp. ghee
Add two tbsp. ghee to wheat flour. Mix well, add enough water to knead to a soft dough.

For the stuffing:

2 cups beetroot, grated fine
4 medium sized onions
4 green chillies
2.5 cm. ginger
4 flakes garlic
1 tsp. garam masala powder
Salt to taste
3 tbsp. ghee

Method

Grind all the ingredients, except garam masala powder, to a paste. Heat ghee in a vessel and fry the beetroot paste on a low flame. Cook covered, till the mixture is almost dry. Remove from heat.

Divide the paratha dough into small balls. Roll out each ball into a small puri, put a little beetroot filling in the centre and seal the edges. Roll out into parathas. Heat tawa, add some ghee and fry the parathas till light brown.

229. Badshahi Baigan

300 g. brinjals
1 cup curd
2 large onions, chopped
2 tomatoes, chopped
2 tsp. chilli powder
2 tsp. ginger-garlic paste
1 tsp. coriander powder
1 tsp. garam masala powder
1 tsp.coriander leaves, chopped
1/4 tsp. turmeric powder
1/4 tsp. cummin powder
Salt to taste
1/4 cup ghee

For the garnish:

1 onion - sliced
1 tbsp. cashewnuts
1 tbsp. raisins

Method

1. Cut brinjals into 2.5 cm. thick slices.
2. Smear with salt and keep aside for 10 minutes.
3. Wash and squeeze dry.
4. Heat ghee, fry cashewnuts, raisins and sliced onion till golden brown. 5. Remove from ghee and keep aside. 6. Fry the brinjals in the same ghee till tender. Remove.
7.In the remaining ghee fry the chopped onions till transparent. 8. Add all the dry spices, ginger-garlic paste and chopped tomatoes and saute till the ghee floats on top.
9. Add curd, coriander leaves and salt. 10. Stir well. 11. Cook till the gravy thickens. 12. Add fried brinjals to the gravy and simmer for two minutes. 13. Sprinkle the garnish on top. 14. Serve hot with rice or parathas.

230. Red Tomato Gravy

Ingredients:

2 large juicy ripe tomatoes
1 large onion
1 small capsicum
1 tbsp. coriander leaves finely chopped
1 tbsp. cashews or peanuts
1 tsp. each ginger & garlic grated or crushed

1/4 tsp. cinnamon-clove powder
1/2 tsp. garam masala powder
3/4 tsp. red chilli powder
1/4 tsp. turmeric powder
1/2 tsp. sugar
salt to taste
2 tbsp. oil or ghee

Method:

Dry roast peanuts or cashews lightly. Dry grind coarsely.

Semi puree tomatoes and capsicum together.

This should be done in a food chopper or grated.

Chop onions very fine or run in a chopper.

Heat oil or ghee in a heavy pan.

Add ginger garlic and stir for a moment.

Add onions and stir fry till light pink.

Add tomato capsicum puree, stir bring to boil.

Add all other masalas, salt, sugar and crushed nuts. Stir.

Add veggies at this stage. Mix.

Cover and simmer till gravy is thick and fat starts separating.

Garnish with coriander before serving.

Goes with: Vegetables like brinjals, baby corn, potato, stuffed baked capsicum, or cauliflower.
Makes: 2 cups

231. Green Gravy

Ingredients:
4 cups spinach chopped, washed and drained
1 cup bottle gourd grated
1 small onion finely chopped
1/2 tsp. ginger grated
2 tsp. wheat or millet flour
3 green chillies
1 tbsp. cheese grated (optional)
salt to taste
1 tsp. lemon juice
1 pinch soda bicarb
1/2 tsp. cinnamon-clove powder
3 tbsp. oil
Method:

Take spinach in a large vessel, add gourd and soda.
Toss to mix. Sprinkle 2 tbsp. water all over it.
Cover and put to boil on high, for 3 minutes.
Cool in a plate or run under tap water to cool.
Put in a mixie, add chillies, flour and a few pinches salt.
Run till semi-smooth.
Heat oil in a pan, add ginger, stir.
Add cinnamon clove powder, and stir.
Add onions, stir fry till light pink.
Add blended spinach mixture, all other ingredients except cheese
Stir and allow to cook till thick or 3-4 minutes.
Add prepared vegetable at this stage. Allow to cook for 2-3 minutes more.
Garnish with grated cheese before serving.

Goes well with: Veggies like peas, baby corn, french beans, potato chunks, etc.
Makes: 2 cups gravy (approx.)

232. White Gravy

Ingredients:
1 cup fresh curds
1/2 cup fresh cream
1 tsp. grated cheese or paneer
3/4 cup milk
1 tbsp. cashewnuts broken
1 tbsp. peanuts husked & lightly roasted
1 tsp. khuskhus seeds soaked in 2 tbsp. milk for 1 hour
3 green chillies
1 piece ginger
1 tsp. coriander finely chopped
1 slice dayold bread white
1 tsp. sugar
3-4 glazed or canned cherries (optional)
salt to taste
1/5 tsp. cinnamon-clove powder
3 tbsp. ghee or oil

Method:
Grind together in a dry mixie, cashew, peanuts and bread.
Grind together in a wet mixie, onion, ginger, chillies, khuskhus with milk.
Heat fat in a heavy pan, add onion mixture, saute for 3-4 minutes.
Add curds and cook, stirring continuously till whiteness of curds disappears.
Add milk, bring to a boil, add sugar, salt, dry mixture, spice powder, cream.
Stir gently till boil resumes. Add vegetables, etc. at this stage.
Cook covered for few minutes till thickened.
Garnish with grated cheese, coriander and cherries.

Goes well with: Paneer chunks, mixed vegetables with a few pineapples bits, potato and peas, etc.

233. Brown Gravy

Ingredients:
1 tomato grated or finely chopped
1 large onion cut in slivers
1 capsicum cut in thin lengths
1 tsp. garlic grated
1 tsp. ginger grated
1 tbsp. coriander leaves finely chopped
2 tbsp. tamarind water
1 tsp. wheat flour
1/2 tsp. red chilli powder

1/4 tsp. turmeric powder
1/2 tsp. dhania (coriander seed) powder
1/2 tsp. cumin seeds
3 pinches asafoetida
salt to taste
3 tbsp. oil
Roast together and dry grind:
2 cardamoms
2 cloves
2 peppercorns
1/2 cinnamon stick broken
1 bayleaf
2 whole red chillies dry
Method:

Dry roast wheat flour to a light pink, stirring continuously. Keep aside.
Heat oil, add onions, fry till well browned.
Drain well by pressing, putting back oil in pan.
Cool onions a bit. Grind in mixie. Keep aside.
In remaining hot oil, add cumin seeds allow to splutter.
Add asafoetida, capsicum, ginger, garlic stir fry for a minute.
Add all dry and ground masalas, flour, stir well.
Add tomatoes, tamarind water, salt, stir.
Simmer till gravy is thick and oil starts to separate.
Add prepared veggies and stir, keep cooking for 2 minutes.
Garnish with chopped coriander, serve with parathas, rotis, etc.

Goes well with: Chunky veggies like boiled baby potatoes with skin, boiled peas, chopped stirfried brinjal pieces. (For this, fry brinjals pieces in oil, drain, keep aside, adjust quantity of oil required, and continue by frying the onions.)

234. Besan Burfi

Ingredients:

1 c Besan 1 c Shortening 1 c Sugar 4 seeds Cardamom Nuts (optional)

Method:

Melt shortening in a pan. Turn down heat and add cardamom and Besan. Fry, stirring constantly to prevent burning until it has changed to a brown color and smells . (Test: a few drops of water sprinkled on it sputters instantly). Turn off the heat and stir in the sugar. Spread 1/2" thick onto a platter. Cut into diamond shapes after it has cooled down.

235. Raabdi

Ingredients:

* Whole Wheat/Plain Wheat flour -- 1 cup
*Sugar -- 6-7 tbsp
* Milk -- 4 cups
*Ghee/Unsalted Butter -- 4 tbsp
* Chopped Almonds -- 1 tbsp or to taste
* Chopped Pistachio nuts -- 1 tbsp or to taste<BR. strands * Raisins -- 1 tbsp or to taste

Method:
1. Melt un-salted butter in a pan on a mild flame for a few minutes to prepare ghee from butter.
2. Now add wheat flour to this
3. Stir till the flour is very very light brown in color. (At this point of time you can smell the aroma around!)
4. Add milk to wheat flour
5. Add sugar to mixture
6. Stir this mixture for 10-15 minutes on mild flame till its just a little bit thick (and NOT thick)
7. Add Almonds, Pistachio, Saffron (extremely good for winter)

236. Ras Malai

Ingredients:

Ricotta Cheese 2 lb.
Half and Half 2 qts.
Sugar 2 cups
Cardamon pods 5
Bay leaf 1
Vanilla 1 tsp.
Rose Water To taste (opt.)

Method

- Mix 1.5 cups of sugar with the Ricotta cheese and bake it in a 400o F oven for about 1hr and 15 minutes in a flat dish covered with aluminum foil. The cheese should have hard- ened and turned a pale brown.
- Thicken the Half and Half by simmering over low heat for a long time. This is best done in a microwave; if a microwave is not available, do it over low heat and stir frequently. Thicken until the volume drops to around half of the origi- nal volume.
- Add the remaining 0.5 cup sugar, cardamon pods, bay leaf, vanilla and rose water (and any other flavouring that you may want) to the Half and Half. Heat for a few minutes.
- After the cheese has been baked, cut it into 1 inch squares and add to the hot thickened half and half. Cool for a few hours in the fridge.

237. Rasagulla

Ingredients:

Milk 1 gallon
Lemon Juice 1 cup
Sugar 1 cup

Method

- Bring one gallon of milk to a boil. When boiling add one cup of either whiter vinegar or lemon juice. Turn the stove off. Milk should separate into whey and curd.
- Pour into collander, leaving only the panir/curd. Leave curd in strainer until cold and dry. This will take at least an hour (you can leave it overnight).
- Place curd in food processor and process for one minute. It should be soft but not sticky.
- Form small balls from the curd. Using vinegar usually re- sults in about 80 to 100 rasagollas.
- Bring one cup sugar and 3 cups water to a boil in a pressure cooker. Place 20-25 rasgoolas in syrup. Turn off the heat to place the cover on the pressure cooker. Turn heat on high. When cooker begins to whistle wait for a couple of minutes, then turn it off.
- When pressure cooker depressurizes, remove cover and re- peat previous step with the rest of the rasgoolas. Do not use the same sugar syrup more than once.

238. Dum Arvi

Ingredients:
Arvi = 500gm Curd = 1 cup Salt to taste Oil for frying Sliced almonds for garnishing

Method:
Boil the arvi and peel the skin. Prick with fork, fry in oil, and drain. Heat2 tablespoon of oil in another container and add spices to taste (asafetida, chili powder, corriander powder, salt, onion and ginger paste, and a table spoon water. Fry for sometime and then add curd and keep frying till it turns golden brown. Add fried arvi and 1/2 cup water and keep cooking on mild heat till it has almost got dried. Garnish with fresh corriander and sliced almonds and serve hot. Cooking time about 25 minutes and should be sufficient for 2-3 people.

239. Dum Aloo

Ingredients:

Oil 3 tbsp.
Bay leaf 1
Onion 1
Ginger 1/2 tsp.
Garlic 1/2 tsp.
Cumin Seeds 1/2 tsp.
Turmeric 1/4 tsp.
Chili Powder 1 1/2 tsp.
Yogurt 2/3 tsp.
Salt 1/4 tsp.
Coriander powder 2 tsp.
Potatoes 1 lb.
Tomato 1
Capsicum 1

Method

- Heat oil, add bay leaf and onion. Fry for 3-4 minutes. Add ginger and garlic and fry for another minute. Add mustard and cumin seeds.
- The potatoes should be sliced, and the tomatoes and cap- sicum cut up. Add these, mix well, and cook for 4-5 min- utes, continuously stirring.
- Sprinkle with turmeric, coriander and chili powder.
- Beat the yogurt and blend into a smooth mixture. Add yo- gurt and salt.
- Mix gently, cover and cook for about 10 minutes on low heat.

240. Matar Paneer

Ingredients:

6 paneer chunks about 1-1/2 x 1 x 1/2 inch each 1/4 cup oil 1 medium onion, chopped fine 1 tablespoon garlic/ginger paste, **or** 3 garlic cloves, mashed 1 piece fresh ginger, size of walnut, minced 1 large tomato, chopped

Dry Masala:

1/2 teaspoon ground coriander 1/4 teaspoon ground cumin 1/4 teaspoon red chili powder 1/4 teaspoon turmeric 1/2 teaspoon garam masala 1/4 cup water 3 cups fresh shelled green peas (or substitute 2 packages frozen) 1 tablespoon cashew nuts, ground to a paste with a bit of water Salt and freshly ground pepper to taste

Method:

Prepare the cheese chunks, and in a wok or heavy skillet fry them in hot oil until golden. Remove with slotted spoon and set aside to drain on a paper towel.
In the remaining oil sauté the chopped onion until it begins to turn brown. Do not scorch. Add the garlic/ginger paste and *bhoona* 2 minutes. Add the chopped tomato and *bhoona* 5 minutes to achieve a thick gravy. Add the dry masala and *bhoona* 3 minutes more. (NOTE: If the sauce is lumpy at this stage, puree it in a blender and continue.) Add 1/4 cup water, then stir in the peas. Add the paneer cubes and *bhoona* 2 minutes. Stir in the cashew paste, add salt, pepper. Serve at once. Serves 4 to 6 people.

241. Bhindi Masala

Ingredients:

1 pound (1/2 kg) okra (small)
2 onions, thinly sliced
2 tomatoes, chopped
1/4 cup oil
3/4 teaspoon paprika
1 teaspoon amchoor powder (or substitute fresh lemon juice)
1/2 teaspoon turmeric
salt and freshly ground pepper to taste
1 teaspoon garam masala
2 tablespoons chopped coriander leaves for garnish

Method:

1. Wash okra under running water and slice off the ends. Cut each in half. Set aside. Prepare onions and tomatoes. Set aside.

2. In a wok or heavy skillet heat the oil and sauté onions until translucent.

3. Add all spices except the garam masala and stir-fry 2 minutes. Add the tomatoes and *bhoona* * 1 minute. Add the okra and stir-fry 2 minutes. Cover and steam over medium heat until tender, about 12-15 minutes.

4. Spoon the okra onto a warm serving plate and sprinkle with the garam masala. Garnish with the coriander and serve while hot.

* Bhoona is a technique that is essential to Indian cooking. The bhoona technique means that the mixture is cooked over medium-high heat, with constant stirring to avoid scorching, until all liquids are reduced and the spices coat the meat like a paste. About 1/2 cup of water can then be added, the dish covered, and a gravy created as the dish becomes liquified again. Serves 4-6 people.

242. Vegetable Jalfrasie

Ingredients

Onion 1 large
Green peppers 2
Tomatoes 2 large
Broccoli 1/2 lb.
Cauliflower 1/2 lb.
Butter 4 tbsp.
Red Chili Powder 1 tsp.
Turmeric 1/2 tsp.
Ginger 1 in. stick
Garlic 3 cloves

White vinegar 2 tbsp.
Tomato puree 2 tbsp.

Method

- Chop onion; cut green peppers, tomatoes, broccoli, and cauliflower into 1 in. cubes.
- Melt butter and saute onion. Add all the remaining vegetables and stir-fry for about 5 minutes over medium heat.
- Add the spices and vinegar. Stir in the tomato puree, and simmer for about 5 minutes. Season to taste with salt and fresh-ground pepper.

Dal radish Ingredients 1 cup toovar dal (soaked in water for one hour) 2 radishes 1 large tomato 1 large onion 1 tbsps. sambhar powder 1 tsp. jaggery 2 tbsps. finely grated coconut A little mustard 2 sprigs of curry leaves 6 whole cashewnuts 2 tbsps. oil Salt to taste. MethodScrape and cut radish into round pieces. Heat oil in a kadai. Put in the mustard. When it splutters add chopped onion. Fry till golden brown. Mix chopped tomato, curry leaves, sambhar powder and the grated coconut. Keen frying for a few minutes. Add drained toovar dal and the radish slices. Add salt to taste and about two cups of water. Simmer on a slow fire till cooked. Serve hot with rice.

243. Rasam Masala

Masala Ingredients

Black Pepper 1 tbsp.
Chana Daal seeds 2 tbsp.
Coriander Seeds 2 tbsp.
Red Chillies 4-5
Asafoetida(optional) 1 tsp.
Coconut (grated) 3 tbsp.
Ghee 2 tbsp.

Masala Preparation

- Roast black pepper, chana daal, coriander, and asafoetida.
- Add chillies when daal starts getting red.
- If using dry coconut, soak it in a little water. Blend the daal mixture and coconut until the paste is fine. Keep aside.

244. Mangalore Rasam Powder

Ingredients:

Red chillies - 1 cup (broken into small pieces and tightly packed).

Dry coriander seeds - 1 cup

Gram dhal - 2 tablespoons

Oil - 1 tablespoon

Cumin seeds - 1 teaspoon

Fenugreek - 1/2 teaspoon (methi seeds)

Hing - a pea size lump or 1 teaspoon hing powder.

Curry leaves - 3 sprays.

Method:

Break up the chillies along with the stalks into smaller pieces (to enable easier powdering). Heat oil in a kadai and fry on a slow fire, the hing and the fenugreek seeds till light brown in colour. Add coriander seeds, red chillies, cumin seeds, gram dhal and curry leaves and fry for about five minutes on a slow flame till it is well roasted and you get a lovely aroma. Remove from

flame and allow to cool. Powder fine and bottle it. This powder

can be used for 2-3 months.

Use the chillies along with the stalks - as the stalks also have

the potency of the chillies, and also provide fibre for the

body).

*** * ***

245. Mangalore Rasam

(serves 6).

Ingredients

Tuvar dhal (thuvaram paruppu) - 1/2 cup.

Tamarind - lime size.

Tomatoes - 2

Green chillies - 1

Rasam Powder - 3 teaspoons p73

Sugar - 2 teaspoon (optional) - 2-1/2 tsp.

Salt - 1-3/4 teaspoon

Turmeric powder - 1/4 teaspoon

Seasoning

Ghee - 1 teaspoon

Red Chilli - 1

Mustard seeds - 1 teaspoon

Black gram dhal - 1/2 teaspoon

Method

Pressure cook tuvar dhal with one cup of water and a pinch of turmeric powder for ten minutes - when cold, mash well. Soak tamarind in two cups of water for ten minutes, squeeze and strain out the liquid. Boil tamarind water with turmeric powder, slit green chilli, tomatoes (chopped) salt and sugar till the raw smell of tamarind disappears and the tomatoes are cooked. Add the mashed dhal, two and a half cups of water, and the rasam powder and boil for five minutes till slightly thick. Add curry leaves and coriander leaves. Remove from fire.

Heat ghee in a pan, add the mustard seeds, red chilli and black gram dhal. When mustard seeds splutter add hing powder- pour the seasoning over the rasam. Serve rasam hot with steaming rice and papads.

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246. Sambar

(serves 6)

Ingredients

Tuvar dhal - 3/4 cup

Vegetables - 3 cups (like sambar onions, white pumpkin, chow-chow)

Tamarind - lemon size

Coriander leaves - 2 tablespoons

Curry leaves - 1 tablespoon

Rasam powder - 2 teaspoon

Salt - 1-3/4 teaspoon - 2 teaspoons

Sugar - 1-1/2 teaspoon (optional)

Turmeric powder - 1/4 teaspoon

Green chillies - 2-4.

Seasoning

Oil - 1 tablespoon

Red chilli - 1

Mustard seeds - 1 teaspoon

Black gram dhal - 1/2 teaspoon

Hing powder - 1/4 teaspoon

Method

Pressure cook dhal with one and a half cups of water for ten

minutes. When cold mash well. Soak tamarind in one cup of water,

for five minutes, squeeze well and strain out juice.

Cook vegetables in one and a half cups of water. When three-

quarter cooked add slit green chillies, salt and sugar. Add

tamarind water and simmer till raw smell disappears. Add mashed p73

dhal, rasam powder and curry leaves. Simmer tillthick, add

coriander leaves.

Heat oil in a pan, add mustard seeds, black gram dhal and red

chilli. When mustard seeds splutter, add hing powder and pour the

seasoning over the sambar. Serve sambar hot with rice and chips.

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247. Cauliflower Curry

(serves 6)
Ingredients Cauliflower - 3 cups (in flowerets) Peeled and cubed potatoes - 2 cups Oil - 4 tablespoons Coriander leaves - 1 tablespoon Rasam powder - 2 teaspoon Cummin seeds - 1 teaspoon Salt - 1 teaspoon Sugar - 1 teaspoon Turmeric powder - 1/4 teaspoon Hing powder - 1/4 teaspoon Onion - 2 Green chillies - 2 Capsicum - 1 Ginger - 1 cm p73 Method:Chop all vegetables. Heat three tablespoons oil in a kadai, add the cummin seeds and hing powder. When the cummin seeds splutter add the onions, capsicum, green chillies and ginger into the hot oil and fry till the onion turns golden. Add tomatoes and fry till it becomes mushy. Add cauliflower, potatoes and turmeric powder, fry a bit, add salt, sugar and quarter cup of water. Cover and cook till the vegetables are cooked and the curry is dry. Add the rasam powder, coriander leaves and the remaining one tablespoon of oil-fry till you get a lovely aroma. Remove and serve piping hot with rotis or rice. (Plain potato curry can also be made the same way).

248. Sambar Masala

Masala Ingredients

Methi (Fenugreek) 1 tsp.
Chana Daal seeds 2 tbsp.

Coriander Seeds 4 tbsp.
Red Chillies 4-5
Asafoetida(optional) 1 tsp.
Coconut (grated) 3 tbsp.
Oil 3 tbsp.

Masala Preparation

- Roast methi, chana daal, and asafoetida.
- Add chillies when daal starts getting red.
- If using dry coconut, soak it in a little water and blend the daal mixture and coconut until the paste is fine. Keep aside.

249. Vada

Ingredients

Moong Daal 1/2 cup
Urad Daal 1/2 cup
Onion 1
Coriander 2 tsp.
Green Chili 1
Chili powder 1/2 tsp.
Salt 1 tsp.
Ginger 1 tsp.
Baking Soda 1/4 tsp.

Method

- Soak urad daal and moong daal for 2-3 hours.
- Grind daals into a coarse paste.
- Add finely chopped onion, salt, coriander powder, chili powder OR green chili, ginger and soda. Mix well and set aside for 4-5 minutes.
- Fry small spoonfuls of the mixture in hot oil.

250. Didir Onion Rava Dosa

Ingredients

one cup semolina/rava
one cup maida
1/2 cup rice flour
4-5 green chillies finely chopped
3/4 inch ginger chopped fine
1 1/2 tspn jeera slightly crushed (enough to bring out its flavor)
salt to taste
good pinch asafoetida
2-3 chopped onions
a bunch cashews
oil to make dosas

Method

- Mix rava, maida, rice flour together into a thick batter adding little water at a time so no lumps are formed. Mixing by hand is a good idea if you don't have a whisk or electric mixer. Add salt, crushed cumin asafoetida and leave in a warm spot for six to seven hours at least.
- When ready to eat, spray a non-stick pan lightly with oil and warm.
- Thin out the batter to the consistency where it can be drizzled onto the pan with a spoon. Drop chopped green chillies and ginger into batter.
- Sprinkle some of the cut onions and cashews onto the pan and now continuing on low-medium heat, drizzle the batter such that there is a latice work effect. A lot of holes is just the thing. Dribble a bit bit of oil around it and when the edges start turning brown coax it off the pan with a flat, wide spatula and flip it over. Remove in a few minutes and make more.
- For the plain rava dosa leave out the onions.

251. Didir Dosa

Ingredients

3 measures of rice flour
1 measure of urad flour

Method

Mix well so no lumps are formed. Salt to taste. Leave covered in a large pot overnight. Make thin crepes, preferably in non-stick pan.

252. Dosai

Ingredients

Rice 1 1/2 cups
Urad Daal 1/2 cup
Salt 2 tsp.

Method

- Soak the rice and daal separately in slightly warm water for 2 - 8 hours.
- Grind separately to a smooth paste and mix in a large vessel with salt. Mix thoroughly (use blender if possible).
- Ferment for 12 hours.

253. Basic Curry Sauce

Ingredients

- 3 tablespoons vegetable oil or ghee (clarified butter)
- 1 medium onion - finely chopped
- 4 cloves garlic - peeled and sliced
- 1.5 inch piece root ginger - peeled and thinly sliced (it should look about the same volume as the garlic)
- (optional) 2 mild fleshy green chillies - de-seeded and veined then chopped
- half teaspoon turmeric powder
- half teaspoon ground cumin seed
- half teaspoon ground coriander seed

- 5 tablespoons plain passata (smooth, thick, sieved tomatoes, US = purée) ***or*** 1 tablespoon concentrated tomato purée (US = paste) mixed with 4 tablespoons water

Method

Heat the oil in a heavy pan then add the chopped onion and stir for a few minutes with the heat on high.

Add the ginger, garlic and green chilli (if using). Stir for 30 seconds then put the heat down to very low.

Cook for 15 minutes stirring from time to time making sure nothing browns or burns.

Add the turmeric, cumin and coriander and cook, still very gently, for a further 5 minutes. Don't burn the spices or the sauce will taste horrid - sprinkle on a few drops of water if you're worried.

Take off the heat and cool a little. Put 4 fl oz cold water in a blender, add the contents of the pan and whizz until **very** smooth. Add the passata and stir.

Put the puréed mixture back into the pan and cook for 20 - 30 minutes (the longer the better) over very low heat stirring occasionally. You can add a little hot water if it starts to catch on the pan but the idea is to gently "fry" the sauce which will darken in colour to an orangy brown. The final texture should be something like good tomato ketchup. Warning - it WILL gloop occasionally and splatter over your cooker, it's the price you have to pay!

254. Biryani

Indgredients: (serves 6)
2lbs Spring Lamb (cleaned and cut into medium size pieces)
4ozs Yougurt
4ozs Ghee
1lb Rice (washed)
4ozs Onions (sliced finely)
1oz Ginger & Garlic (equal amounts crushed)
1 Lemon
1oz Armonds (ground)
2 Cinamon sticks
4-6 Cardimons
1oz Milk
Qtr tspn Safron
2-3 Green Chilies
Half tspn Black Zeera
2-3 Cloves
Half tsp Garam Masala
(equal amounts of Black Zeera, Cardimons & Cinamon sticks, with half amount of cloves)
Salt to taste
Corriander and Fried Onions to Garnish
Method:
In a large bowl mix the meat, yoghurt, almonds, chopped green chillies, ginger and garlic, salt, and ground garam masala. To the mixture add half a teaspoon each of chilli powder and termeric. Marinate for at least 4-6 hours in the fridge.
Fry the onions in ghee until golden brown and crisp. Drain away any excess ghee and then remove the onions and spread over a large plate. This should keep the onions crispy. Once they have cooled crush the onions with your fingers and add this to the marinated meat mixture.
In a large pan half fill with water and add salt, whole garam masala and one green chilli. Bring this to the boil and add the washed rice and cook until the water boils. Once the water has boiled drain the rice in a colander and rinse with a little cold water.
Grease the saucepan generously with ghee and transfer the meat mixture. Level the surface and now spread the rice evenly over the meat. Squeeze the lemon and pour the juice over the rice.Warm the milk and crush the safron into it. Pour the milf/safron mixture over the rice. Dot generously with ghee. To garnis h spread the fried onions and corriander over the rice. Cover the saucepan tightly. Allow to steam on high heat for about 10 minutes and then lower the heat and cook for another 1 and a half to 2 hours. Before removing the pan from the cookeer ensure that there is no moisture left in the meat. This can be checked by simply listening for a sizling sound. If there is no sizzling then the Biryani is ready.
Biryani is traditonally served with Mirch Salan and Yoghurt Chutney.

255. Double Ka Meetha (Bread Pudding)

Ingredients:
1 loaf bread (small)
1 lt milk
500 gms sugar
250 gms double cream
250 gms clarified butter
100 gms chopped and roasted cashewnuts
100 gms almonds (soaked and chopped fine)
10 gm saffron
5 cardamom powdered
Method:
Cut each bread slice into four pieces. Fry them in clarified butter till golden brown. Make a sugar syrup by adding half a litre of water to the sugar and boil it for 15 minutes. Add the powdered cardamom and the saffron dissolved in milk to the sugar syrup. Boil milk until it is thickened.
Arrange the fried bread pieces on a flat tray and sprinkle the chopped nuts on them. Pour the sugar syrup, double cream and milk alternately over the bread pieces while they are still hot.
Refrigerate and serve as dessert.
Eggs in a Spicy Cream Sauce
3 tbsps vegetable oil 2 oz onion, finely chopped 1" cube ginger, grated 1 fresh green chilli, finely chopped ½ pt single cream 1 tbsps lemon juice 1 tsp ground roasted cumin 1/8 tsp cayenne ½ tsp salt ¼ tsp garam masala 2 tsps tomato paste ¼ pt chicken stock 6-8 hard boiled eggs,halved 1 tbsp fresh coriander, chopped

Heat the oil over a medium heat in a large frying pan. When hot put in the onions. Stir and fry for about three minutes or until the peices are browned at the edges.
Put in the ginger and chilli. Stir and fry for a minute.Put in the cream, lemon juice, ground roast cumin, cayenne, salt, garam masal, tomato paste and chicken stock.Stir to mix thoroughly and bring to a simmer.
Put all the egg halves into the sauce in a single layer, cut side up. Spoon the sauce over them. Cook over a medium heat for about five minutes, spooning the sauce over the eggs. Serve sprinkled with fresh coriander.

256. Indian Cream of Tomato Soup

1½ lb ripe tomatoes,chopped
1 tbsp chopped lemon grass
2 curry leaves
2" fresh ginger,peeled & chopped
1 tsp salt
4 fl oz water
4 fl oz single cream
1 pt milk
1 tsp ground roasted cumin seeds
pinch ground black pepper
pinch cayenne pepper
2 tsps lime or lemon juice
1 tbsp chopped coriander leaves

Put the tomatoes,lemon grass, curry leaves,ginger, salt and water into a saucepan and bring to the boil. Lower the heat, cover and simmer gently for 15 minutes.
Uncover, increase the heat and simmer more rapidly for another 15 minutes.Puree in a liquidiser then sieve. You should have about ¾ pt thick tomato juice.
Add the cream, milk, cumin seed, black and cayenne pepper and the lime or lemon juice. Stir together well and reheat gently without boiling.
Serve garnished with freshly chopped coriander.

257. Kadhi

1 cup buttermilk1/4 cup besan1 cup watersalt and chilli pd. to tastea pinch of Heeng (a MUST)a few kadhi patta 1/2 tsp. turmeric1 tsp. oil or ghee1/2 tsp. mustard seeds1/4 tsp. garlic pd.a little bit of minced gingerTo make pakode for the kadhi you'll need:1/2 cup besansalt and chilli pd. to tastea little garam masala1/4 tsp. baking sodaoil to deep fryMake the pakode and keep them aside. Now mix the besan for the kadhi with the buttermilk. Add salt, ginger, garlic and chilli pd.to the same so that they mix thoroughly as well. now heat up the oil. Add the mustard seeds, kadhi patta, turmeric and heeng and then pour in the liquid. Add the water and let the whole thing simmertill the "kachcha" taste of besan is gone i.e. till the whole thing tastes as if" kadhi pak gayi hai". If the water has evaporatedby now do add more as now we'll add the pakode to the kadhiand boil the whole thing till the pakode get completely soaked.Making kadhi is not as difficult as it seems from the recipe butit might take you a little bit of practice to perfect the ART asit takes some instinct.

258. Bengan ka bhurta

1 fair sized egg plant3 medium onions , chopped3 medium tomatoes, chopped1/2 tsp. garlic pd.a little ginger, minced3 tbsp. oil1 jalapeno pepper, chopped1/2 tsp. amchur or anardanasalt and chilli pd to taste1 tsp. corriander pd.1/2 tsp. garam masalaPut the eggplant as is into the oven at 350 till its done. You'll know that its ready when the skin is all wrinkled and water seepsout of it. Peel and mash the eggplant and then "Bhagarofy" itwith all the ingredients. Make sure you "bhunofy" the whole thing really well. If you want you can even add some dry fruits to the stuffas well. Some QUICK sweet for a busy guy :

259. Halwa

1 cup cream of wheat (Sooji/Rawa, you can find that in the cereal section of the store)2 cups of water1 cup sugar1/2 cup unsalted butter or gheesome raisins and cashewsHeat up the butter at medium heat and add the cream of wheat to it. Let the c of w become golden pink and then add the water. Stir the whole thing quickly so that no lumps are formed. When the water more or less evaporates,add the sugar and the dry fruits. Once the consistency is right just eat it up. The whole thing should at most take you 15 minutes and it never fails-comes out perfect each time.

260. Toll House Pan Cookie

2 /14 cup all-purpose flour
1 measuring teaspoon baking soda
1 measuring teaspoon salt
1 cup butter softened
¾ cup sugar
¾ cup firmly packed brown sugar
1 measuring teaspoon vanilla extract
2 eggs
One 12-oz pkg. (2 cups) Nestle Semi-Sweet Real Chocolate Morsels
1 cup chopped nuts (optional)

Preheat oven to 375 F. In small bowl, combine flour, baking soda and salt; set aside. In large bowl, combine butter, sugar, bron sugar and vanilla extract; beat until creamy. Beat in eggs. Gradually add flour mixture; mix well. Stir in chocolate morsels and nuts. Drop by rounded measuring teaspoonfuls onto ungreased cookie sheets.

Bake: at 375 F.
Time: 8-10 minutes.
Makes: 100-2” cookies

261. Rasavangi

ingredients:Brinjal-big size 2nos, Toor dal -1cup,Tamarind(imli)pulp -1 table spoon, turmeric powder 1/4 teaspoon, salt -to taste
For the paste:coriander 2teaspoon, channa dal 1/2 teaspoon, fenugreek 1 teaspoon, red chilli 10 numbers, haldi powder 1/2 teaspoon, coconut gratings 3 tablespoon,all these ingradients are to be fried dry and ground to a paste.
method:Cut the brinjal into 1 inch blocks. Boil in water and add all the above except toor dal. the dal has to be cooked separately and finally added to the main portion.
Seasoning:fry in oil mustard, toor dal and coconut gratings and add to the main dish. Also add coriander leaves and Kari veppu leaves. This dish will have to be made thick and brinjals should not be fully mashed. This dish can be eaten along with rice and chapathis.

262. Stuffed Brinjal Curry

Split peas dal - 1 1/2 tsp, urud dal - 1 1/2 tsp, coriander seeds - 1 1/2 tsp, whole red peppers - 10, salt to taste
Fry the above in one spoon of oil and grind it into a thick paste.Cut 10 small brinjals diagonally so that the stem portion of the brinjal opens up. Stuff the brinjal with the ground paste. Heat oil in a fry pan and add the brinjals, keeping the stove at low heat.Close the pan with a lid and cook for 10 minutes.See that it is not deep fried. Serve hot.

263. Maida Bonda

Maida or All-purpose-flour -2cups, Rice flour - Half cup, Finely chopped onions - 2 onions, Chillies - 2 nos, Cumin seeds - 1 spoon, Sour curd - 1 cup
Method: Mix all the above ingredients and soak for about one hour.Then take some oil in a pan, put small portions of it in oil,fry them intil they are golden brown.This is good for appetizer.

264. Rava Bonda

Rava - 3 Cups, Rice Flour - 1 Cup, Curd : 1 Cup, Cashew Bits, Green Chilly 3pcs,Salt to suit taste, Oil for frying.
Mix roasted Rava, Rice flour, Curd, salt , Cashews and Green Chillies to get a semi solid batter. Take small balls and deep fry it in Oil. If needed, coconut shreddings can be added to the batter. Remove from the frying pan after the balls become golden in colour. Serve it with Coconut Chutney. Recipe from Vanitha Thyagu.

265. Palak Paneer

Boil palak with 3 green chillies , 1/2 onion , salt , 1/2 tsp ginger garlic paste , 1/2 tsp turmeric . cool and grind it . Now take a pan add oil then addsome cumin seeds , mustard seeds , 2 dry red chillies . allow to splutter add in palak paste , 1 glass of milk and mix well. IN a seperate pan add 2 tsp of oil and fry paneer pieces till golden brown in colour . Drain on a paper towel and add to the palak mixture . boil for a few min and serve with hot parathas or puris
Recipe from SATYA

266. Coconut Milk Pulav

Masala : Ginger - 1" piece, Garlic gloves - 6 to 8, green chillies - 14 to 15.
Cut th above into small pieces and grind finely.
Ingredients: Coconut Milk (15 oz. Can) - 1, Basmati Rice - 2 cups, Carrots medium sized - 2, Beans - 10 to 15, Grean Peas - 1/4 cup, Cinnamon sticks - 1 or 2, Cloves - 2, Coriander leaves - 7 to 8 stems, salt to taste, veg. Oil or butter - 10 tea spoons.
Clean and Soak the rice in hot water for 10 to 15 mints.First put the cooking oil. when oil heats add the cinnamon sticks and cloves. Add the Vegetables (except peas) and fry for some time. Then add the masala paste, salt and fry for some more time. Also add green peas and Coriander leaves and fry. Now pour the Coconut milk and add water for the rest. (Rice and Water should be in 1 : 11/2 proportion). Let this mixture boil nicely. Finally add the rice and cover it. Make the flame low and keep for 20 mints. Open it and mix the cooked pulav gently. Garnish with few fresh coriander leaves

267. Tomato pickle

Cut the tomatoes into large pieces.Add red chilli powder,a small piece of tamarind and salt.Grind it in a blender to make it into a thick juice.Pout 5 teaspoons of oil in a frypan.Add mustard seeds,fenugreek seeds, and asafoetida(perungayam).When the mustard splatters,add the tomato mixture and fry at low heat with constant frying until it becomes a thick paste.This will taste great with curd rice.

268. Lime pickle

Fresh lime(large size, thin skin, ripe) - 6
Cut into medium pieces.(Preseve the juice while cutting).Add salt- 4 spoons,red chilli powder - 4 spoons, asafoetida - 1/2 spoon and mix well.
Next day add 1/4 cup of sesame oil and leave it aside.
Next day, add mustard seeds to 4 spoons of oil and when it splatters add fenugreek seeds and asafoetida.Add this to the poickle and mix.Store in refrigerator.

269. Ginger Pickle

Grate ginger finely.Take oil and add mustard seeds.When it splatters, add fenugreek seed powder an asafoetida.Add grated ginger and fry well till the moisture is gone and it becomes a non-sticky paste.

270. Tamarind pickle (Pulikkachal)

coriander seeds (Dhaniya), fenugreek seeds, sesame seeds - each 1 spoon
asafoetida - 1/4 spoon
Slightly roast the above without oil and grind into fine powder. Pour 3 spoons of oil in a fry pan and add some gram dal and whole red peppers and fry slightly.
Add tamarind juice to this and bring it to boil.Add salt and heat with constant stirring until the mixture becomes thick. Now add the ground powder and stir constantly with heating until it becomes a non-sticky paste.Store in refrigerator.

271. Maavadu (Tender mango pickle)

Grind mustard seeds, crystalline salt, whole red peppers and turmeric poweder- a pinch into a thick paste.Wash the tender mangoes and spread the ground paste on it.

272. Aavakkai (Mango pickle)

sour mango pieces(medium sized)- 5 cups
mustard seed powder - 1 cup
red chilli powder - 1 cup
salt - 1 cup
turmeric powder- a pinch, fenugreek seed powder - little
mix the above ingredients and add 3 cups of sesame oil.

273. Gonkura Thokku

Wash the gonkura leaves and dry them on a sheet of paper. Cut into fine pieces.To 5 spoons of oil, add mustard seeds, fenugreek seeds, asafoetida, and add 1 cup of chopped leaves. Fry with constant stirring.Add 1 tsp salt, 2 tsp red chillie powder and cook until it becomes a non-sticky paste.

274. Curd Vadai

Grind some grated coconut and green chillies into a thick paste.Add this to thick curd and keep it aside.
Rinse the required amount of urud dal(black gram) for about 1 1/2 hours.Grind into a thick paste. Add salt, coconut pieces,

black whole peppers, and asafoetida.Take a small piece of plantain leaf or plastic sheet of paper and tap the flour on the sheet into a round flat shape Make a small hole in the middle so that it gets fried uniformly.Drop this carefuly into boiling oil and fry till it turns golden brown.

275. Cabbage Vadai

Soak 1 cup of urul dal for 1 hour and grind into a thick fine paste.
To 1 volume of this add I volume of finely cut cabbage pieces ,add salt - 3/4 spoon and mix well
Take a plastic sheet of paper and put even sized balls of this and flatten it. Deep fry this in boining oil. Turn over until golden brown in colour and it is fully cooked…

276. Urud Vadai (Medhu vadai)

Soak 1 cup urud dal in sufficient amt of water for 1 hour and grind into a thick fine flour. Add 1 tsp salt, 2-3 chopped green chillies, 1 tsp whole black peppers, a bunch of curry leaves and mix well. On a plastic piece of paper place a ball of this and flatten it by hand. Deep fry this in oil and turn over until the vada turns golden brown.

277. Dal Vadai (Aama vadai)

Soak 200 g of gram dal, 200 g of toor dal, 6-8 tsp of urud dal for an hour.Grind 3 green chillies, 3 whole red peppers and salt in a blender.Add the soaked dal to this mixture and grind coarsely. Take a ball of this mixture and place it on a plastic sheet of paper and pat it to flatten it a little. Then drop them in boiling oil. Turn over both sides until fully cooked.
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278. Mangalore bonda

Mix 2 cups maida and 1 cup rice flour. To this add 1 tsp cumin seeds, 3 hot green chillies(chopped), and salt - 1/2 tsp. Add buttermilk to this so that the mix becomes a thick paste(thicker than that for bajji). Deep fry in oil.
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279. Rawa Kichadi

Vegetables - Beans, carrots, onions
Cut the vegetables into fine pieces. Take 1 cup of rawa and lightly roast without oil to make it crisp. Pour 3 teaspoons of oil in a fry pan and add mustard seeds.When it splatters, add 1 tsp urud dal, 1 teaspoon gram dal, and roast lightly.Add a pinch of asafoetida. Now add 3 cups of water and when it begins to boil add rawa and keep stirring till all the water is absorbed and it becomes thick (fully cooked).

280. Rice Uppuma

Rice rawa - 1 cup, water - 3 cups ,
In a pan, heat 6 tsp of oil and add 1/2 tsp mustard seeds, 1 tsp urud dal, 1 tsp gram dal, 3 red chillies, a pich of asafoetida. Then add 6 tsp grated coconut and fry lightly.Now add 3 cups water and when it comes to boil, add 1 cup of rice rawa and stir well until it becomes somewhat powdery and soft. Add a bunch of curry leaves. Add 2 tsp of ghee while serving.

281. Aval uppuma

Soak 200 g of aval in water for 1/2 hour.Heat 4 tsp of oil in a pan, add 1/2 tsp mustard seeds. When it pops, add 1 tsp urud dal, 1/2 tsp whole black peppers, 1/2 tsp cumin seeds and 1/4 tsp salt. Drain the water from the aval and add it to the pan and fry. You can mix curd with soaked aval if you like.

282. VenPongal

Mix rice and moong dal in the ratio 1:1.Add 3 times water and steam until it is overcooked.Cut green chillies and ginger into fine pieces.Take some ghee in a fry pan and add whole black peppers, and cumun eeds.When the peppers burst add

chillie and ginger pieces and a pinch of turmeric powder.Add some cashewnuts and remove the pan when the cashews are roasted and begin to smell.Add this to cooked dal-rice.Add salt, curry leaves and mix well.Add some ghee while serving.

283. Sevai (Idiyappam)

Heat 4 cups of water in a vessel and bring it to boil. To this add 2 cups of rice flour(you may mix some sago with rice and powder in a flour mill) and stir well so that it becomes thick paste. Add a pinch of salt and stir well. Using this flour in omappodi achu, squeeze into the form of long threads on a plate. (you can use idli plates for this) and steam it in a large vessel or a pressure cooker.
Now the sevai is ready . For serving follow the procedure for Error! Bookmark not defined. **or** Error! Bookmark not defined**., using this preparation in the place of rice.**

284. Morkkali

rice flour - 1 cup, water - 2 cups, sour curd or buttermilk - 1 cup
Mix the above well. Heat 2 tsp of oil add mustard seeds, when it splutters, add 2 curd chillies(alternatively, use red whole peppers), 1/4 tsp asafoetida, . Now add the liquid to this and stir well iuntil it becomes thick and non-sticky.

Kaaradai

Roast 200 g of raw rice and powder it into a nice rava.Dry roast 2 tsp of cowgram. In a thick vessel, heat water to boil, and add the roasted cowgram , coconut pieces(cut into very small pieces) and 1/2 tsp salt.When they are cooked, add the rawa and stir into a paste. Flatten this flour ino round shape (the size of urud vadai), place in idli plates and cook.

285. Masala Dosai

Par Boiled rice - 2
Raw rice - 2
Urud Dal - 1/2
Fenugreek seeds - little
Rinse the above ingredients in water for about 2-3 hours.Then grind in a blender (with adding water in steps) into a very fine flour.Add salt and keep it aside (to get sour)for 12 hours.
Heat the pan and spread a drop of oil on it.When the pan is fully heated, take some flour and spread it on the pan into a round shape.Turn it over so that both sides are cooked well.When it is almost cooked spread a teaspoon of **Error! Bookmark not defined.** over it.Place some **Error! Bookmark not defined.** and roll the dosai on both sides and move it to a plate.

286. Uthappam

Par boiled rice - 4 cups, Urud dal -1/2 cup, fenugreek seeds - 2 tsp
Soak the above in water for about 4 - 5 hours and grind into a fine flour. Leave it for about 8 hours to become sour.
Heat a dosa tawa and spread a tsp of oil over it. When it becomes hot enough, place a laddle of flour and spread on it(it should be thick than a normal dosa). When it is cokked on one side, turn over, add a tsp of oil all over its edge and remove when fully cooked.
Side dish -**Error! Bookmark not defined.**, curd.

287. Maida dosai

Mix maida:rice four in the ratio 2:1. Add about 2 tsp of rava.Add water and mix. Let it be more thin than normal dosai.To this add chopped green chillies, few cumin seeds, salt to taste(about 1 tsp). Add ome splattered mustard seeds. Make dosas as described in **Error! Bookmark not defined.**, but make the dosas more thick.
The same procedure can be followed with wheat flour instead of maida

288. Rava dosai

Slightly roast rawa in a dry pan. Mix roasted rawa and rice flour in the ratio 3:1 and make to a thin consistency. Add chopped green chillies, chopped onions, curry leaves, cumin seeds and make dosas as described in **Error! Bookmark not defined.**.

289. Laddu

Prepare **Error! Bookmark not defined.**.Make sugar syrup by boiling 1:1 Sugar and water for about 5 minutes. Drop the boondis into the sugar syrup and mix well.Roast some cashews and raisins in ghee and add it to the mix. Also add a feww cardomoms and kalkandu and mix well. Wait until the mixture cools down to a temperature where the hand can withstand the heat. Now make into even balls by pressing lightly with hand. Allow to cool.

Rava laddu (Ravaalaadu)

white rawa - 1 kg, sugar - 1 1/2 kg, cardomom - 10 (powdered), ghee - 200 g, cashewnut - 50 g
Roast rava in a dry pan and powder it.To this add finely powdered sugsr, cardomom powder. Roast the cashews in ghee and add to the mixture. Heat the ghee slightly until it melts and add it to the mix well. Make into even sized balls with this flour.

290. Rava laddu (Ravaalaadu)

white rawa - 1 kg, sugar - 1 1/2 kg, cardomom - 10 (powdered), ghee - 200 g, cashewnut - 50 g
Roast rava in a dry pan and powder it.To this add finely powdered sugsr, cardomom powder. Roast the cashews in ghee and add to the mixture. Heat the ghee slightly until it melts and add it to the mix well. Make into even sized balls with this flour.

291. Sakkarai Pongal

Take rice, moongdal, gram dal in the ratio 2:2:1.Add water and steam in pressure cooker.Take vellam (amount should be 2/3 of cooked mixture) and dissolve in little water so that it just completely dissolves and heat it separately. Add the liquid part of this juice (which will be at the top) to cooked mixture. Roast cashewnuts, raisins, grated coconut in ghee and add this to the mixture and stir well.Add some extra ghee while serving.

292. Jilebi

Sugar syrup:Heat sugar and water(1:1) and any essence if preferred until it becomes thick.
Soak urud dal for 1/2 hour and grind it into a thin soft paste. Pour this paste in a thick plastic cover and make a small hole at its bottom corner.Heat oil in a fry pan and squeeze the paste into the oil in the form of tubes and fry until fully cooked.Remove this from oil and drop into sugar syrup for 2 minutes and then remove.

293. Kozhukkattai

Outer cover:
Rice flour - 1, water 1
Heat water to boil.Pour 2 tsp sesame oil in it and add rice flour with constant stirring so that it becomes thick. Cover and keep aside for 1/2 hour.Then take even sized balls of this and shape it into a hollow hemisphere.
Inner stuffing(Poornam): Mix 1 cup grated coconut, 1 cup powdered jaggery, leave for 5 min.Heat this mixture in low heat with constant stirring
Stuff the poornam in the hemisphere and close it by extending the covering flour.Place these in a plate and steam in a pressure cooker or a large vessel until fully cooked.

294. Poli

Poornam:Boil gram-dal until half-cooked and drain the water.Add jaggery, grated coconut, cardomom and grind.Make it tghick by heating in low heat for a little while. Make this into round balls.
Add a pinch of salt to maida and knead it by adding a few tsp of sesame oil and pat it on a plastic sheet into round flat shape.place a ball of poornam on it, mix well and pat it again.Heat a griddle, put the poli and add a spoon of ghee around it.Turn over until both s ides are cooked well.

295. Somaasi

Poornam: Grind 1/4 kg Pottu kadalai, 1/4 kg sugar, and 5-6 cardomoms(skin removed) and 1 cup grated coconut(slightly roasted in a little ghee) into a powder.
Take maida:rawa in the ratio 1:1, each 1/4 kg, add a pinch of salt, add minimum water and knead tightly. Make this flour into even sized balls and roll in the form of pooris or chappathis.
Place 2 tsp of the poornam on this ans fold it sealing on the sides, so that it becomes semi-circular in shape. Deep fry this in oil.

296. Panchamritham (fruit salad)

Fruits - 1 banana, grapes - a small buch, raisins - 1 tsp, dry dates - 2 pieces, jack fruit - 2 pieces, 1 apple
Cut the fruits into even sized pieces. To this add 25 g honey, 150g jaggery, 25 g ghee. Mix well. Store in air tight container.

297. Milk Appam

Rice flour - 1 cup, grated coconut - 1/2 cup, sugar - 50g, salt - 1 pinch, cardomom - 3, oil for frying
Grind coconut and take the milk. Heat 1 cup of water and when it comes to boil, add the rice flour to make a paste. To this , add the coconut milk, sugar, salt and cardomom and mix to the consistency of Dosai batter. With a spoon, pour one by one in oil and fry. Turn it over in oil until it is fully cooked.

298. Sweet Puttu

Dry roast 400g of rice and powder it finely. Heat equal quantity of water to lukewarm, add a pinch of salt and 1/4 tsp turmeric powder. Pour this water into the powdered rice and mix into a paste. Steam this paste in a pressure cooker fully until you get 4-5 whistles.
To 50 ml water add 1/2 kg jaggery , 6 cardomoms, and 1/4 cup grated coconut and make syrup out of jaggery as described in **Error! Bookmark not defined.**
Break the cooked rice dough into fine pieces, and mix it with the jaggery syrup. Add roasted cashewnuts.

299. Paanagam

Dissolve jaggery in water. Add a a few cardomoms, mix and serve cold.

300. Sweet Adai

Roast 200 g of raw rice and powder it into a nice rava.Dry roast 2 tsp of cowgram. In a thick vessel, heat water, and add the roasted cowgram, coconut pieces(cut into very small pieces), 100g jaggery and a pinch of salt.When they are cooked, add the rawa and stir into a paste. Add 2 tsp of ghee to it and flatten this flour ino round shape (the size of urud vadai), place in idli plates and cook.

301. Chole

Ingredient

- 1 teacup kabuli channas

- 2 chopped onions
- 2 potatoes
- 2 tomatoes
- 2 tablespoons dhana-jira powder
- 2 tablespoons chilli powder
- 1 tablespoon amchur power
- 1 tablespoon garam masala
- ½ teaspoon soda bi-carb
- ½ teaspoon black pepper powder
- 3 tablespoons ghee
- salt to taste
- Slices of tomatoes and ginger, chopped coriander and a few whole green chillies for decoration.

Procedure

- Soak the channas for at least 6 hours
- Add ½ teaspoon of soda bi-carb and cook in a pressure cooker
- Cut the potatoes and tomatoes into big pieces
- Heat the ghee in a vessel and fry the potatoes until soft
- Remove the potatoes. In the same ghee add the onions and cook for a little time.
- Add the dhana-jira and chilli powder and fry again.
- Add the boiled channas and salt.
- After 5 minutes, add the garam masala, amchur and black pepper powder and cook for 2 minutes.
- Add the potatoes and tomatoes and cook for 2 minutes.
- Decorate with coriander, chillies and slices of tomatoes and ginger.

302. Palak Paneer

Ingredient

- 3 bunches spinach
- 1 onion
- 25 mm (1") piece ginger
- 3 green chillies
- ½ teaspoon turmeric powder
- 225 grams (8 oz.) paneer
- 2 tablespoons ghee
- Ghee for deep frying
- A pinch soda bi-carb
- Salt to taste

Procedure

- Chop the onion, ginger and chillies finely.
- Chop the spinach finely, add ¼ teacup of water and a pinch of soda bi-carb and cook.
- When cooked, blend in a liquidiser
- Cut the paneer into small pieces and deep fry in hot ghee
- Heat the ghee in a vessel and fry the onions for a little time.
- Add the ginger, green chillies and turmeric powder and fry again for a little time
- Add the spinach, paneer and salt.

303. Oatmeal Raisin Cookie

¾ cup sifted flour
½ tsp salt
¼ tsp baking soda
½ cup softened margarine

½ cup sugar
½ cup brown sugar
2 eggs
2 tsp vanilla extract
¼ cup walnuts
1 tbsp orange rind
1 ½ cup quick cooking oatmeal

Grease cookie sheet, sift together dry ingredients. Beat together butter and sugars until light and fluffy. Beat in eggs and vanilla until well blended. Stir in flour mixture until well moistened. Stir in oatmeal, nuts and rind. Drop by tsp fuls 2" apart. Bake at 350 F for 8 min.

304. Kunuku

Ingredients: Thuvar Dhall 1/2 cupChanna Dhall 1 cupUrad Dhall 1/4 cupRice 1/2 cupDried Red Chilles 5Green Chilles 3Salt 1 t.spoonHing a small pinchGinger chopped finelyCurry Leaves a fewCilantro a small bunch washed and finely choppedCooking oil for frying
Method: Soak thuvar dhall, channa dhall, urad dhall, and rice in water for one hour. Wet grind the above mix with chilles, and salt coarsely. Add hing, ginger, curry leaves, and cilantro. Make small balls and deep fry in oil.

305. Cashew Kunuku

Ingredients:Rava (Cream of Wheat) 1 cupRice flour 1 cupAll purpose flour 1 cupCashew 10-15 choppedGreen chilles 5-6Coconut 1 spoon Salt 3/4 t.spoonCooking Oil for frying
MethodGrind cashew, chilles, coconut, salt finely with water, and mix this with the flours. Make small balls and deep fry in oil.

306. Vermicilli Masala Vadai

Ingredients:
Vermicilli 1 cup
Yougurt 1 cup
Red chillies 8
Ginger a small piece grated
Garlic 2-4 flakes finely chopped
Cloves 4
Salt 1/2 t.spoon
Onions chopped
Curry leaves a few
Cilantro a small bunch washed and finely chopped
Cooking Oil for frying

Method
Soak vermicilli in yougut for one hour. Grind ginger, garlic, red chillies, cloves, and salt finely. Mix this with the soakedvermicilli. Add chopped onions, curry leaves, and cilantro to this. Make small balls and deep fry in oil.

307. Medhu Vadai

IngredientsUrad dhall 1 cupRice flour 1 cupRava (cream of wheat) 1 cupGreen chilles 6Ginger a small piece gratedPepper 1 t.spoon Hing a small pinchSalt 3/4 t.spoonCurry leaves a fewChopped OnionsCooking Oil for frying
MethodSoak urad dhall for 15 minutes in water. Grind ginger, green chilles, hing, and urad dhall finely. Add pepper, salt and grind it along with the urad dhall paste. Mix this with rice flour, rava, chopped onions, and curry leaves. Make small balls and deep fry in oil.

308. Madhur Vadai

IngredientsAll purpose flour 1 cupWheat flour 1 cupRice Flour 1 cupBesan 1 cupChilli powder 2 spoonChopped onionsGreen chilles 2Hing a small pinchSalt 3/4 t.spoonGinger a small piece gratedCurry leaves a fewCilantro a small bunch washed and finely choppedCooking Oil for frying
MethodMix all the above ingredients with little water, make small balls and deep fry in oil.

309. Spinach Vadai

IngredientsMoong dhall 2 cupsChanna dhall 1 cupRice 1/2 cupSpinach 1 bunch finely choppedGinger a small piece gratedGreen Chilles 3-4Hing a small pinchSalt 1 t.spoonCooking Oil for frying
MethodSoak the dhalls for 1 hour in water. Grind ginger, green chilles, hing, salt and the soaked dhall coarsely. Add chopped spinach and makes small balls and deep fry in oil.

310. Kara Vadai

IngredientsAll purpose flour (Maida) 1 cupRice flour 1/4 cupOnions 2 small finely choppedGreen chilles 4 finely choppedCurry leaves a few Mint (Optional) a small bunch washed and finely choppedSalt 1/2 t.spoonCooking oil for frying
MethodMix all the above ingredients and make small balls and deep fryin oil.

311. Potato Bhonda

IngredientsPotatoes 6 Channa flour (besan) 1 cupRice flour 1/4 cupGreen chilles 6Ginger a small piece gratedCurry leaves a few Cilantro a small bunch washed and finely choppedLemon 1Turmeric 1/4 t.spoon Mustard 1/2 t.spoonUrad dhall 1 t.spoonChanna dhall 1/2 t.spoonCashew 1/2 cup choppedSalt 1 t.spoonCooking Oil for frying
Method Boil potatoes with turmeric, and salt. Peel skin and mash thepotatoes and keep them aside. Fry in little oil, mustard, uraddhall, channa dhall, cashew, green chilles, curry leaves and ginger. Mix this well with the mashed potatoes, and add fresh lemon juice. Roll small balls and keep them aside. Make a batter with channa flour and little salt. Coat the balls in thisbatter, and deep fry in oil.

312. Bhonda

IngredientsUrad dhall 2 cupsPepper 1 t.spoonGreen chillies 2 Coconut 2 t.spoon finely choppedCurry leaves a fewHing a small pinchSalt 3/4 t.spoonCooking Oil for frying
MethodSoak urad dhall in water for half an hour. Wet grind urad dhall,green chilles, and salt finely. Add pepper, hing , coconut, and curry leaves to this. Make small balls and deep fry in oil.

Bhonda

IngredientsUrad dhall 2 cupsPepper 1 t.spoonGreen chillies 2 Coconut 2 t.spoon finely choppedCurry leaves a fewHing a small pinchSalt 3/4 t.spoonCooking Oil for frying
MethodSoak urad dhall in water for half an hour. Wet grind urad dhall,green chilles, and salt finely. Add pepper, hing , coconut, and curry leaves to this. Make small balls and deep fry in oil.

313. Thukada

IngredientsAll purpose flour (Maida) 2 cupsChilli powder 1/2 t.spoonHing a small pinchSalt 1 t.spoonButter 2 t.spoonCooking oil for frying
MethodMix maida, chilli powder, hing, salt, and butter with little water, and make a nice dough similar to Chappati dough.Make small balls, and roll them similar to chappati/puri's andcut them into small squares/dimonds. Deep fry these small squares in oil.

314. Idli

IngredientsPar boiled rice 3 cupsUrad dhall 1 cupSalt 2 t.spoon
MethodRnse and soak rice and urad dhall seperately in water for 2 hours. Grind the two seperately, and mix them together with salt.Keep it overnight, before making idlis.

315. Kanjeepuram Idli

IngredientsPar boiled 3 cupsUrad dhall 1.5 cupsDry ginger powder 1 t.spoonPepper 1/2 t.spoonCumin seeds 1/2 t.spoonHing 1/4 t.spoon Curry leaves Cooking Oil 6 t.spoonsGhee 2 t.spoonsSalt 1.5 t.spoons
Method Rinse and soak par boiled rice and urad dhall in water for 2 hours. Grind the above coarsley and add hing and salt to this.Keep it overnight so that this will ferment.Fry pepper, cumin seeds, and curry leaves in oil and ghee. Addthis to the flour. Add dried ginger powder and mix everythingtogether. Coat a flat vessal with oil, and pour the idli flour into thisand pressure cook for 45 minutes in low heat without pressurecooker weight.

316. Aval Dosai

IngredientsRice 2 cupsAval 3/4 cupsUrad dhall 1/2 cupSalt 1.5 t.spoonsCooking Oil for making dosas
MethodRinse and soak rice, aval and urad dhall in water for 1 hour.Wet grind the above with salt into a nice batter. Keep at roomtemperature for 12 hours.Method to make Aval Dosai: Spread a big spoon full of the above batter on a hot non-stick pan, and put 1 t.spoon of oil around it. Close the dosa with acover and let it cook for a few minutes. Do not turn the dosa.Serve it hot with chutney.

317. Vella (Jaggery) Dosai

Ingredients Wheat flour 1 cupRice flour 1/4 cupAll purpose flour (Maida) 1/4 cupCream of Rice (Rava) 3 t.spoonsCoconut 1/4 cup finely choppedJaggery 1 cupCardamom 2 powderedGhee 1-2 t.spoons per dosai
MethodMelt jaggery in 2 cups of boiling water and let it cool.Mix wheat flour, rice flour, rava, maida, cardamon, and coconut with the melted jaggery, and make a fine batter.Method to make Vella Dosai:(Similar to making dosai's/Pan cakes)Spread a big spoon full of the above batter on a hot non-stick pan, and put 1 t.spoon of ghee around it. Let it cook on this side for a few minutes, and then turn over to the other side, andput 1 t.spoon of ghee around it. Wait till the dosai turns brown.

318. Rava Dosai

IngredientsCream of Wheat (Rava) 1 cupRice flour 1 cupAll purpose flour (Maida) 1 cupPepper 1 t.spoonCumin seeds 1 t.spoonGreen chilles 6-8 finely choppedGinger 1 small piece finely choppedCurry leaves finely choppedCilantro finely choppedSalt 1.5 t.spoonsCooking Oil 1-2 t.spoon per dosai
MethodMix rava, maida, and rice flour in water to make slightly watery batter.Add all the other ingredients except oil, to the above batter.Keep this batter in room temperature for atleast 20 minutes before making dosas.

319. Ordinary Adai

IngredientsThuvar dhall 2 cupsChanna dhall 1 cupUrad dhall 1/2 cupMoong dhall 4 t.spoonsCream of Rice 1.5 cupsRed chillies 8Green chillies 4Hing 1/4 t.spoonSalt 1.5 t.spoonCooking oil for making addai
Method Rinse and soak thuvar dhall, channa dhall, urad dhall, moong dhall, and cream of rice together in 6 cups of water.Grind the above coarsely with salt, hing and red chillies.Method to make Addai: (Similar to making dosai's/Pan cakes)Spread a big spoon full of the above batter on a hot non-stick pan, and put 1 t.spoon of oil around it. Let it cook on this side for a few minutes, and then turn over to the other side, andput 1 t.spoon of oil around it. Wait till the addai turns brown.Serve it hot with any chutney, or with some jaggery.

320. Thaval Adai

IngredientsRice 2 cupsChanna dhall 3/4 cupThuvar dhall 3/4 cupUrad dhall 1/2 cupRed chillies 6Cumin seeds 1/2 t.spoonPepper 1/2 t.spoonHing a small pinchSalt 1 t.spoonCurry leavesOil 2 t.spoonsGhee 2 t.spoons
MethodRinse and soak rice, channa dhall, thuvar dhall, and urad dhallin water for 1 hour. Wet grind the above coarsley with redchillies and salt.Heat oil and ghee in a pan, and add cumin seeds, pepper, hing, and curry leaves, and mix it with the batter.Make them similar to addai's.

321. Peseret

IngredientsWhole Moong dhall 2 cupsRice 4 t.spoonsOnions 3 finely choppedGreen chillies 6 finely choppedRed chillies 2Ginger small piece Cumin seeds 1/2 t.spoonCilantro 1 bunch finely choppedSalt 1.5 t.spoonsCooking Oil for making peseret
MethodRinse and soak whole moong dhall and rice in water for 4 hours.Grind the above with green chilles, red chillies, ginger, cumin seeds, salt and little onion.Fry the remaining onions in oil and keep them aside.Make the peserat like dosas, and put a spoon full of onions onthe dosa and fold the dosa before serving. Serve with corrianderchutney or onion chutney.

322. Tamarind Uppma

IngredientsCream of rice 2 cupsTamarind paste 1 t.spoonMustard 1/4 t.spoonUrad dhall 1 t.spoonChanna dhall 1 t.spoonMethi 1/2 t.spoonHing a small pinchRed chillies 6Turmeric 1/4 t.spoonCurry leavesCooking Oil 4 t.spoonsSalt 1 t.spoon
MethodDry roast methi, and grind it into a powder and keep it aside.Fry mustard, urad dhall, channa dhall, hing, red chillies, andcurry leaves in oil. Add 6 cups of water to the above and let it cook for sometime, and now add turmeric, salt and tamarind paste, and let it cook for sometime. Now add cream of rice and keep stiring until cream of rice gets cooked. Finally add the ground methi powder.

323. Moor Kali

IngredientsRice flour 1 cupButter milk 2 cupsHing a small pinchUrad dhall 1/2 t.spoonMustard 1/4 t.spoonGreen Chilles 6-8Curry leaves a small bunchVetha Mulaka (dried red chilles in buttermilk) Optional Cooking oil 2 t.spoonSalt 3/4 t.spoon
MethodMake a batter with rice flour, butter milk, and salt.Fry mustard in oil and wait till it splatters, then add urad dhall, hing, curry leaves, vetha mulaka, and green chilles, andwait for a few minutes, and then add the rice flour batter. Keepstirring until the rice flour gets cooked, usually takes about10 minutes.

324. Eggplant Gotsu

IngredientsEggplant 1 largeTamarind 1/2 t.spoonRed chillies 3Green chillies 2Hing a small pinchMustard 1/2 t.spoonUrad dhall 1 t.spoonCurry leaves a fewCilantro a small bunch washed and finely choppedCooking Oil 2 t.spoonSalt
MethodCoat eggplant with little oil, and either bake it in an oven, orgrill it on the stove. Peel the skin, mash the eggplant and keep it aside.Fry mustard, hing, urad dhall, red chillies, green chillies, andcurry leaves in oil.Bring 1 cup of water to a boil, and add tamarind paste and salt to this. Mix mashed eggplant, fried ingredients to the tamarindwater. Gamish with finely chopped cilantro.

325. Eggplant Podi Curry

IngredientsEggplant 250 grams, washed & cut 1" lenght wiseUrad dhall 1 t.spoonChanna dhall 1 t.spoonCorriander seeds 1.5 t.spoonRed chilli 4-5Mustard 1/4 t.spoonCooking oil 4 t.spoonsHing a small pinchTurmeric 1/4 t.spoonTamarind paste 1/4 t.spoonSalt 3/4 t.spoon
MethodDry roast urad dhall, channa dhall, corriander seeds, red chillies and hing. Dry grind the above with 1/4 t.spoon salt.Fry mustard, turmeric, and hing in oil, and add the choppedeggplant to this. Sprinkle little water, and cover it

slightlyuntil the eggplant gets cooked. Now add the remaining salt, tamamrind paste, and the ground masala powder. Mix it well andadd a few t.spoons of cooking oil.

326. Plantain Puli Curry

IngredientsPlantain 2-3 washed, peeled, and dicedUrad dhall 1/2 t.spoonMustard 1/4 t.spoonHing a small pinchTurmeric 1/4 t.spoonTamarind paste/extract 1/4 t.spoonRed chilli 2Curry powder 1 t.spoonCurry leaves a fewOil 3-4 t.spoonsSalt 1 t.spoon
MethodFry mustard, hing, urad dhall, curry leaves, turmeric, red chilliand diced plantain in oil in a wok. Sprinkle water and let it cook for 10 minutes. Now add salt, curry powder and mix it well. Add little water to tamarind paste, and sprinkle this on the plantain curry, and let it cook for a few more minutes.

Plantain Podimas

IngredientsPlantain 2-3 Turmeric 1/4 t.spoonHing a small pinchGreen Chillies 6Ginger a small piece minced/grattedUrad dhall 1/2 t.spoonChanna dhall 1 t.spoonMustard 1/4 t.spoonCurry leavesCilantro a small bunch washed and finely choppedLemon 1Cooking Oil 2 t.spoonSalt 1 t.spoon (or to taste)
MethodBoil plantains with turmeric and salt.Peel skin and grate them and keep it aside.Fry mustard, urad dhall, channa dhall, hing, turmeric, curry leaves, red chillies, finely chopped ginger, lemon juice andsalt in 2 t.spoons of oil and then add the grated plantains.

327. Plantain Curry

IngredientsPlantain 2-3 washed, peeled and dicedCumin seeds 1/2 t.spoonGrated Coconut 1/4 cupRed chillies 2-3Urad dhall 1/2 t.spoon Mustard 1/4 t.spoonHing a small pinchTurmeric 1/4 t.spoonCurry leaves a few Cooking oil 3 t.spoonSalt 1/2 t.spoon
MethodBoil plantains with turmeric and salt.Wet grind cumin seeds, coconut and red chilles and keep it aside.Fry mustard, hing, urad dhall, curry leaves, turmeric, and diced plantain in oil in a wok. Sprinkle water and let it cook for 5minutes, and now add the ground masala, and let it cook for another 5-10 minutes.

328. Vazai Thandu Curry

IngredientsVazai Thndu Washed and finely chopped Moong dhall 2 t.spoonUrad dhall 1/4 t.spoonRed chilli 2Mustard 1/4 t.spoonHing a small pinchGinger a small pinchGreen chilli 1Grated coconut 2 t.spoonsButter milk 1/4 cupCooking oil 2 t.spoonSalt 1/2 t.spoon
MethodSoak vazai thandu, moong dhall, butter milk and salt togetherfor 15 minutes.Fry mustard, urad dhall, red chilli, hing, green chilli, and ginger in oil.Squeeze the butter milk out the soaked vazai thandu, and addthe vazai thundu to the above pan. Let it cook for 10 minutes,and then add the grated coconut to the above.

329. Potato Podimas

IngredientsPotatoes 1 poundTurmeric 1/4 t.spoonHing a small pinchGreen Chillies 6Ginger a small piece minced/grattedUrad dhall 1/2 t.spoonChanna dhall 1 t.spoonMustard 1/4 t.spoonCurry leavesCilantro a small bunch washed and finely choppedLemon 1Cooking Oil 2 t.spoonSalt 1 t.spoon (or to taste)
MethodBoil potatoes with turmeric and salt.Peel skin and mash them and keep it aside.Fry mustard, urad dhall, channa dhall, hing, turmeric, curry leaves, red chillies, finely chopped ginger, lemon juice andsalt in 2 t.spoons of oil and then add the mashed potatoes. Letthis cook for a few minutes and then garnish with cilantro.

330. Venn Pongal

IngredientsRice 2 cupsMoong dhall 1/2 cupHing a small pinchCurry leavesCashewsPepper 1/2 t.spoonCumin seeds 1/2 t.spoonGinger a small piece finely choppedGhee 1/2 t.spoonSalt 1 t.spoon
MethodCook rice, moong dhall and turmeric powder with extra water andkeep it aside.Fry pepper, cumin seeds, hing, curry leaves, and ginger in 2 t.spoons ghee, and add this to the above pongal.Fry cashews in 1 t.spoon ghee and add to the above.Add salt and remaining ghee and mix everything well.

331. Badam Kheer

IngredientsAlmonds (Badam) 1 cupMilk 4-6 cupsSugar same amount as almond paste (about 1 cup)Saffron 1/2 t.spoonKesari powder (color) a small pinch (optional)
MethodSoak saffron in little cold milk, and keep it aside.Soak almonds in hot water for 1 hour. Peel skin and grind the almond into a fine paste with 1 cup of milk instead of water.Measure the amount of almond paste, and keep the same amount ofsugar aside.Cook the almond paste for 5-10 while stirring it constantly, till the flavour comes out. Now add sugar and keep stirring. Add the remaining milk, and boil for 10-15 minutes. Add the soaked saffron and serve it cold.

332. Paal Poori (Sweet Poori)

IngredientsAlmonds 1/4 cupSweetened condensed milk 1 canEvaporated milk 1 canCream of wheat (Rava) 2 t.spoonsAll purpose flour (Maida) 2 cupsSugar 4 t.spoonsSaffron 1/4 t.spoonEdible camphor (Pacha kalpooram) optionalKesar color a small pinchCooking oil for frying
MethodSoak saffron in little cold milk, and keep it aside.Soak rava in little water for 10 minutes.Soak almonds in hot water for 1 hour. Peel skin and grind thealmond into a fine paste with 1 cup of milk instead of water.Boil evaporated milk, condensed milk, and almond paste for 10-15 minutes. Add saffron, and kesar color to above and let it cool.Knead maida, soked rava, and sugar into a nice dough, using somecold after. Make small puris (roll small balls and flatten them with a rolling pin and deep fry in oil) and soak the puries in the boiled milk mixture. Serve it cold/hot.